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The Powerful Quartz Crystal

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The Powerful Quartz Crystal

The power of crystals lies in their ability to hold and transmit energy. Crystal energy can help us to heal, focus our intent and manifest desires. There are many different types of crystals. Each type of crystal has its own unique characteristics and will thus aid us in different ways.

We are living in the age of a crystal revolution. We live on a crystal planet as it were and are rediscovering the power of these special minerals. We may not be aware of it, but crystal quartz is one of the most plentiful substances in the earth's crust. Crystal quartz has a special property that produces an electrical field when pressure is applied to the stone. They are a vital part of our current technology, yet had a special role in the past –as crystals have been discovered in ancient Babylonian and Egyptian tombs. We have harnessed their powers as semi-conductors for communications, computers, and our credit cards.

Most minerals have a crystalline structure. This means the atomic structural pattern is geometric, regular, and thus — very stable. Visually, crystals have symmetrical features and sets of faces with parallel edges. Our most beautiful gemstones are crystals. Mundane items such as sugar and salt are also crystalline. There are even crystals in our bodies, such as the apatite in our bones, or the adrenal hormones. Glass, obsidian, and plastic do not have this regular structure and are considered to be amorphous. The computer industry grow crystals in laboratories in order to control their symmetry– so their ability to amplify energy is uniform. We have learned successfully to mimic nature and can even produce precious gemstones, such as emeralds, in laboratory conditions.

Many ancient healing systems use crystals, and it is believed their regular structure has a stabilizing effect when applied to the body. Reiki, a form of energy medicine, often uses stones to improve physical function. There are many crystal-healing systems, but one of the most consistent is the ancient Vedic chakra system related to yoga. When working with chakras (energy vortices in the body) it is the colour of the stone, or its light energy that has the healing potential. One theory suggests it is the "morphic field" of the stone that helps to strengthen the electro-magnetic field of the body (aura) through reflecting additional light. The human aura absorbs this additional light energy — helping to balance and/or strengthen the body.

Crystals can also be used in Feng Shui, as an earth element. The earth element is used to stabilize a home that is unbalanced. Special crystals can be used to either lift or activate the energy of a room, or calm it down — or even redirect earth ley lines beneath the house that are causing problems.

Crystal quartz is used for meditative practice, and even to help the manifestation of personal goals since it can act as a mental amplifier. Thoughts forms are a

type of energy, and crystal grids are created to magnify conscious intentions and goals, such as the peace grid used in Karuna Reiki. Crystal grids are routinely laid out using a sacred geometry design. To activate these grids, individuals will put pressure on the crystal as they focus on a desired thought – then place the crystal in a specific pattern for best results.

Crystals have unique abilities that include:

Piezoelectricity (mechanical pressure creates an electrical field).

Pyro electricity (heat creates an electric charge).

Triboluminescence (light is created from rubbing, breaking, or striking a stone) In other words, crystal quartz has the ability to create light! Science is mystified by this phenomenon! The Ute Indians from Colorado are one of the first documented groups of people who used ceremonial rattles with crystal pieces inside — that could generate light when shaken.

This stone contains the SEED and hence is alluded to as the divine phallus

The Star of Lord Shiva -Narmada River Shiva Lingam

It is the considered the view of many researchers and geologists that the unique composition of the Narmada Shiva Lingams is due to an impact 14 million years ago by a large meteorite that crashed into what is now known as the Narmada River. The tremendous heat of the collision caused a fusion of the surrounding

rock and the meteoric material. After many years, a river began to flow through this area; these extraordinary forces of nature produced a very unique condition in which pieces of the fused Star and Earth minerals, tossed and tumbled along the river bed for hundreds, even thousands of years causing them to take on their distinct elliptical form. This ancient oval shape is very different from the flatter, thinner rocks that normally appear in river beds. These sacred stones created of cosmic Star fused with Earth minerals have a hardness of 7 on the Moh's Scale and are known locally as the only naturally formed holy stone, called the Narmadeshvara. The density of the Narmadeshvara Lingam is close to emerald. The red markings you see on the stones are the fusion of meteorite material and are considered a spiritual and ethereal energy amplifier.

The Mineralogical composition of these fused stones is Cryptocrystalline Quartz, Chalcedony, Iron Oxide of Meteoric origin, Goethite, Agate and Basalt. This unique six mineral composition coupled with its elliptical shape has a precise resonance that aligns perfectly with the current human Energy fields; they emit the highest frequency of any stone on planet Earth. Shiva Lingams have been used for thousands of years as Divine Energy Generators.

Once a year, after the long dry season and just before the beginning of the yearly monsoon weather, the river is at its lowest point. This is the time the villagers go out onto the river bed, and working with oxen, rope and baskets gather and pull the stones from the water. These sacred stones are then hand rubbed and polished to bring out the natural colours of the meteoric Iron Oxide while producing a nicely even and smooth finish. According to the Skanda Purana, and ancient Hindu scripture, the Lingam represents the all-pervading space in which the whole universe is in the process of constant creation and dissolution.

Now, with all that being said, these beautiful stones have given me a message to share with you. The Narmada Shiva Lingams have acquired a new energy while still retaining all the previous attributes they are known for. Like all minerals composed of Star material they have responded to the new frequency being emitted from the centre of our galaxy and they are now even more active than they have ever been!

This is someone's Meditation Journey with the Shiva Lingams…

As I held one of these precious stones in the palm of my hand, I instinctively closed my around its body; it felt cool to the touch, smooth, inviting my thumb to rub across the meteorite infused Red Iron markings. I immediately sensed the need to hold a second one as well and picked one up from its cosy basket. Now…..this is when everything sweet, smooth and gentle…Changed! Immediately a pressure began at my third eye and radiated outward in all directions within my forehead and frontal lobe brain. I felt unwilling to physically move for a moment as my mind entered what I can only describe as a

mild trance state. The next wave of energy flowed from my brain into my heart radiating in all directions throughout the chest. This continued through each energy wheel of my body until finally I felt the a cool stream of energy exiting outward through my feet. I was not paralyzed, I just had no desire to move, I remember thinking…" how am I going to write my notes?" and then hearing …"you will remember"…hmmm ..ok… I was reassured, someone was here with me, there was indeed a guide on this journey, and somehow I felt better knowing this.

Instantly my awareness was pulled …upward? Maybe forward?.. Direction was only a sensation, not a place…I sensed a tunnel emerging from my own consciousness, being pulled and stretched out in front of me. This was such a curious experience, I was fascinated watching the tunnel grow, seeing the spirals of colours swirling around the walls, …wait…. I am moving with the tunnel…I seem to be traveling inside this swirling curving, elongating tunnel…wow! This must be what it feels like to step through a Star Gate. ….At this point my awareness is completely immersed in this new reality, this is beautiful and the sensation is like flying. As I watched the colours streaking past my vision I saw what appeared to be a wall of white energy shimmering directly in front of me. Suddenly all sense of movement ceased and I heard a voice speaking…"you have entered the Cosmic Eye of Ti Ama; Mother of Life, here you may ask any question, view any event past, present or future that may touch your current life expression or that you can hold accurately in your mind's eye. This wall is a lens that records and reflects the energy impressions of all life in the Universe. To access its knowledge you must hold in your hand the Star of Shiva and in your mind's eye the question you seek answers to "Behold daughter, the reason you were drawn here, your greatest question is being answered on the wall….

There was no need to hear more, I could see the unspeakable scenes playing out in front of me, I was not prepared for this. Time must have shifted, slowed down, was that me screaming in my own head or was it the collective voice of humanity? Why had I asked this question, Why can't I turn away?... The pictures flashing across the wall were horrific, I was seeing the recent Tsunami as it took place, the horror on the faces of the precious people as they realized there was no escape. So many Souls filling the Spirit Realm at once, many, many in shock not yet realizing they had died. And then resulting catastrophic events that compounded the tragedies one shocking event on top of the other; this was the beginning of the 2012 prophecy (???), the event that kick starts it all.

The effects would be felt around our entire planet within one year, creating a world that was slowly becoming sicker and sicker; decade after decade was being shown. I felt white hot tears falling from my physical eyes, streaming

down my checks and still my consciousness was not pulled from this place, I was to see my entire answer.

Then I heard the voice again… "this will be a difficult time to live through on your planet, there is not a single man, woman, or child who will not be directly affected."

I knew this was not the usual "watch the news" type of tragedy and then go to sleep that night being thankful that it did not happen to my family. This has happened to all of us, it is not a faraway event, it is not a future event, it is right now, and right and right here and all life on this planet will be affected for decades to come.

"Pay attention daughter…Your governments cannot stop this, the poison of nuclear radiation has been unleashed in great amounts. Your leaders have made the best choices they can ….For most people it is best they do not know. All of Earth will be affected; the air, soil, water, plants, animals and humans will all live with low levels of this radiation for decades. It will be carried through your atmosphere and surround the entire earth in a years' time and on its journey will fall from the sky attached to rain drops and snowflakes, it will contaminate the waters and the earth and in turn all living things.

My mind was reeling; I knew that people exposed to low levels of radiation from a single source would not be significantly harmed. However this seemed to be a different story, everything will be contaminated with low levels of nuclear radiation. From our drinking water, milk, vegetables, and fruits to the animals and fish in the Oceans and streams….everything will absorb small amounts of the radiation, there was no way around it.

The voice of Ti Ama was still speaking….

> *This will cause a slow sickening of entire nations, populations will decrease, economies will change, power structures will change. Humanity will attempt to recover, to evolve to adapt, this is their nature and many will do just that, but it will take much strength and perseverance to make it through these coming times….*

I had seen enough, …I heard my own voice scream out… Stop! Stop this now! The viewing lens returned to a shimmering wall of white energy; as I composed my thoughts and emotions I heard the voice continue to speak…

> *Daughter, you must listen.., it is time to focus on how humanity and your planet can be helped. The spiritual workers of earth will be the front runners in restoring health and anchoring healing energy to your planet. Many are being called to the healing field, they must be ready to learn and act quickly. Some will work with Energy grids to stabilize the earth; some will use energy to heal the life forms of Plants, Animals and Waters*

others will specialize in Human healing. What you call Alternative healing will be a major force in this battle for life, your fellow brothers and sisters must learn to work with light, energy and frequencies, they must gather their tools and be ready. The human frequency can be attuned to throw off mutated and diseased cells, you know this daughter, you have already been in training.

Look upon the wall one more time, watch the pure in heart, the spiritual energy workers and see the effect they can have….

I cautiously let my awareness settle on the white energy wall once again, I knew I needed to see something, some way to help… Once more there were images flashing in front of me, this time I saw small cities, towns and communities. I saw small, indoor gardens and water wells/pumps with some sort of large filters on them. People were talking, laughing and working…I saw healers using the force of their minds to reorient the biological and ethereal fields of the sick, restructuring and realigning their bodies. I felt the compassion of the spiritual seers as they tenderly worked on the emotional wounds of their patients. I felt hope in the air, I knew this was how humans were to become, more connected to the earth, more caring for each other. Somewhere I heard a bird or two chirping, Earth will survive, Humanity will evolve and learn, life will one day recover. This time I wept with relief, joy and admiration for the strength of my fellow sisters and brothers, my love for this planet and all life on it increased tenfold at least.

I was back in my room holding my two Shiva Lingams…"Now what do you two beauties have to do with all of that!"... I laughingly asked….. **And I received a short, simple reply… "We are the Way showers… The Gate Keepers; we unlock truths and show you the answers you seek!"**

Ancient Knowledge of the Power of Crystals

For millennia, crystals, minerals and gem stones have been used to bring about healing and enhance physical, emotional and spiritual balance.

The ancients must have somehow known that when worn, the energies of the stones would interact with the human electromagnetic field to bring about subtle energetic changes.

Royals have worn crystals throughout history in their jewellery, crowns, thrones and swords. Interestingly, the placement of crystals on the crown on a royal's head could activate their crown chakra, and the same goes for a necklace over the heart chakra, rings on fingers for energy meridians, and earrings to stimulate reflex points.

It kind of makes you wonder if all jewellery was initially intended to connect healing stones to different energetic points on the body?!

Crystals have also been used burials, in divination, and in healing rituals for thousands of years.

Here are some specific examples from ancient cultures around the world (again there are many more examples cited here):

- **The Ancient Egyptians:**

Used crystals for protection and health, and buried the dead with a piece of quartz on their forehead to help guide them to the afterlife.

Dancers wore rubies in their bellybuttons to enhance their sexuality, and a necklace over the heart was intended to bring love into one's life. Forehead crowns were also worn to stimulate the third eye. They even used ground lapis lazuli and malachite as eye makeup.

Perhaps the most interesting is the account of pharaohs who carried a copper cylinder and zinc cylinder each filled with quartz, to balance the Ka and Ba energies of the body (equivalent of Ying & Yang today).

- **Ancient Greeks:**

Rubbed themselves with crushed hematite before going into battle thinking that it would make them invincible.

The name for Amethyst is derived from the words for "not drunken" in Greek, because Amethyst was worn as an amulet to protect against drunkenness and hangovers.

Even the word "crystal" is derived from the Greek word for ice, because quartz crystal looked like water that was frozen and would never melt.

- **Romans:**

The use of crystals as amulets and talismans was very common amongst the Romans. They were used in medical treatment and to attract desirable things, enhance health and provide protection in battle.

- **India:**

The Hindu Vedas, the sacred 5000 year old religious texts, discuss the use of different crystals to treat certain medical ailments, as well as the specific properties of different crystals.

For example, they say that emerald will bring good luck. Aryuvedic medicine has also recognized the healing powers of crystals for hundreds of years.

- **Mayans, Aztecs and Incans:**

All three of these societies understood the power of using crystals for balance and healing on physical, emotions and spiritual levels.

Crystals were used to diagnose and treat disease, well as to see the future through divination. According to some accounts, the Incans considered certain stones (such as emeralds) to be so powerful, they chose to die before giving the conquerors the location of their emerald mines.

- **Indigenous Tribes:**

American Indians and indigenous tribes of Australia have used, and continue to use, crystals to diagnose and heal illness. Many of the stones used in their traditional jewellery are thought to contain healing powers, including Agate, Turquoise, Onyx and more.

- **Ancient Chinese:**

The 5,000 year old practice of Chinese Medicine often incorporates crystals for their healing powers, including the use of crystal needles in modern day Chinese acupuncture and Pranic Healing.

Chinese emperors were even buried in Jade armour as a symbol of wealth and power.

- **Ancient Japanese:**

The ancient Japanese were skilled at the art of scrying, using transparent crystal balls to produce visions. Quartz crystal spheres were thought to represent the hearts of dragons, which symbolized power and wisdom.

- **Tibetan Buddhists:**

They have considered quartz crystal spheres to be objects of great holy, spiritual power, believing their properties could even assist with enlightenment.

In Buddhism, the Medicine Buddha is called "Healing Master of Lapis Lazuli Radiance," and its rituals include meditating on lapis lazuli.

- **Neolithic Man:**

The use of talismans and amulets dates back to the times of prehistoric man, with the oldest crystal amulet, made from Baltic Amber, dating back over 30,000 years.

Prehistoric humans also constructed stone tribal burial chambers, or ‘Megaliths‘ that were designed according to the texture, weight, color and vibration of the stone to maximize its resonance.

The Power of Crystals - Types of Crystals

In general, I've found that quartz crystals of all colours demonstrate powerful crystal energy through their ability to amplify ALL vibrations. In particular, clear quartz crystal contains and emanates powerful energy that greatly amplifies whatever vibration you are currently emanating. Thus when working with these types of crystals, it's really important to make sure you are thinking positive thoughts and holding strong belief regarding your ability to manifest desires.

There are many different types of crystals. I've listed some of my favourites below. Although they all demonstrate the power of crystals, the various types of crystals each emanate their own unique form of crystal energy.

In addition to properties shared with citrine and amethyst, ametrine has the ability to enhance harmony with the universe. In meditation, it allows you to reach the higher states more quickly. It disperses negativity from the aura and helps in the rejection of material pursuits. Ametrine also allows you to find acceptability with other people.

Quartz, also known as rock crystal, is crystallized silicon dioxide. It is one of the most common minerals to be found on Earth, and as the second most common mineral found in the Earth's crust, it comprises twelve percent. It comes in a variety of colours and shapes. Some of the various forms of quartz, the Herkimer diamond, rose quartz (pink), smoky quartz (brown), citrine (yellow), amethyst (lavender), aventurine (green), white quartz, rutilated quartz (contains needle-like inclusions of gold or silver), have been or will be looked at separately from this article.

The Greeks called quartz "Ice of Eternity", and many ancient cultures considered quartz crystals to be some kind of petrified ice. Some even said that holding a piece in the mouth could quench one's thirst. The Romans used clear quartz as a healing stone. Shaped into a bead, it was used to reduce glandular swellings and fevers. Crystal gazing has long been a means of divination in a variety of cultures. It is also thought to increase psychic ability. Ancient clerics would "draw down the fires of heaven" with assistance of clear quartz. Magnifying the rays of the sun through a piece of quartz, they would light the ceremonial flames. Pliny recommended the use of a ball of quartz crystal for the cauterization of wounds via this age-old method. It is one of the seven precious substances in Buddhism.

Quartz has always been a favourite stone for telepathic communication, or as they called it, the spirit world. Native American Medicine men used quartz as divining and hunting charms. The stones were claimed to be inhabited by spirits which were periodically fed by rubbing them with deer's blood. Mexican natives believed the spirits of quartz were the souls of the dead.

Quartz possesses both piezoelectric and pyroelectric properties. This means the polarity of a quartz crystal will change when subjected to pressure or heat. Even holding it in the hand will change its polarity. The tip, normally the positive, receiving end, will reverse, becoming the transmitting end. This property supports the amplification, focusing, storage, transfer, and transformation of energy. It may be used to amplify both body energy and thoughts or redirect energy toward a beneficial state.

Quartz amplifies the energy field of the area where it resides. It acts as a physical and mental energizer whether worn or carried. Placed pointing toward the crown chakra or under the pillow, will bring wisdom and clarity to dreams and help the user to understand the message the dream attempted to convey. Worn close to the neck, quartz stimulates the thyroid and parathyroid glands. It will also help respiratory problems and sore throats. Worn over the heart, it stimulates the thymus and immune system. Over the solar plexus, it enhances the body's overall energy, but also augment the emotions, which may or may not be desired. On the finger, quartz draws wealth and luck, and on the wrist it enhances survival traits and protection from physical and emotional harm. Worn at the third eye, it stimulates mental clarity, meditation, and physic ability. In earrings, it will balance all the chakras.

Quartz should be cleansed before use to clear them of any negative charges they may have acquired. They may be left in a bed of sea salt or infusions of sage or sweat grass may be used. The light of the full moon will endow quartz with a positive charge, especially if you intend to use it for telepathic purposes.

Quartz Forms

Of the many shapes quartz may take, there are a few that are more common. Single terminating crystals are six-sided with a flat bottom and a point at the top. These are useful for people who wish to direct energy to a specific area or organ. The laser wand crystal is an exaggerated and powerful form of this crystal. It is a long, slender crystal terminating in an apex of very small facets. The Sceptre crystal is a Wand crystal which has been surrounded at one end by a new growth of crystal. Legendary, it is said that these were the symbols of power of the clergy of Atlantis and Lemuria. Double terminating crystals have a point at both ends. These may draw energy as well as direct it. Phantom or Manifestation crystals stopped growing at one point, only to begin again. The old crystal can still be seen inside. It is said people drawn to these crystals have a need to grow. They can be used to facilitate artistic ability, creativity, and agriculture.

Wearing quartz pointing upward has caused some to feel as if they were leaving their bodies. This position is beneficial to meditation, prayer, study, and test taking. Pointing the crystal downward is an efficient means of grounding.

The Energy Generator crystal has six facets joining together to form the terminating apex. It is "the" crystal for energy generation. To this purpose, it may be placed in the centre of a group. A small form may also be used as a pendulum. Generator crystals have also been used to disperse localized energy disturbances by replacing the disorganized energies with stable energy.

The left Activation crystal has an inclined window located on the left side of the primary facet. It is used primarily to increase left brain function, used with a right Activation crystal, it brings a melding of the two hemispheres for better brain function. As you can probably guess, a right Activation crystal will have an inclined window located to the right of the main face of the crystal and increases the function of the right hemisphere of the brain.

An Aperture crystal is cup shaped with a hollow crater large enough to contain liquid. Filled with water or an elixir, this crystal can be used as a seer stone to access information of the past, present, or future. An elixir may be used to strengthen the qualities of the stone or the stone may be used to intensify the qualities of the elixir. The elixir (which may simply consist of water) may be drunk or used to anoint other tools. The aperture crystal, in addition to being a seer stone, is used to enhance your logic, ingenuity, and skill. The actual Seer stone is different from the Aperture crystal. It is a river-tumbled stone which may be used for gazing.

The Barnacle crystal is a crystal covered, or partially covered, with many smaller crystals. The larger crystal is an "old soul" containing wisdom, which has attracted the smaller crystals. Use it to stimulate intellectual and physical fertility. It may be used to meditate on insights into family and community problems. The Barnacle crystal is excellent for those employed in organizations to stimulate cohesion of the group, and it may be used to assuage the loss of a loved one. The Barnacle crystal is different from a Cluster crystal which has no larger, main crystal. The Cluster crystal can still be used in a similar fashion however, to bolster group energy, enhance harmony and peace in a group, and other social/business relationships. The energy radiated by such a crystal is directly proportionate to the number of crystals in the cluster.

A Bridge crystal is a smaller crystal partially located within a larger crystal and extending outward. It facilitates a "bridge" between the inner and outer worlds, and between yourself and the others inhabiting this world or other worlds. It is useful when attempting to share concepts and ideas with others and is beneficial to public speakers, teachers, and religious leaders. Twin crystals are two crystals which have grown together or are in parallel alignment. These are useful in forming all levels of relationships.

Singing crystals are small side crystals which jut out from a main crystal. When these are struck, they produce a pleasant tone. The generator crystal may be identified by its large size. It is said that during the days of Atlantis and

Lemuria, these crystals were the power source. They provided electrical energy, communication, heat, light, rejuvenation, and transportation. The Cross crystal is similar but forms a complete cruciform shape, or more rarely a Celtic cross. These are cleansing crystals, sweeping away negativity and cleaning the chakras.

A Channelling crystal has a large, seven sided face located near the front centre of the terminating end of the crystal. It is useful in channelling expressions of truth and wisdom, providing a conscious connection to the Higher Self Within. Such crystals may be used for meditation, to find specific answers to questions, to gain information in a specific area, and with Record Keepers to gain access to stored information. Record Keeper or Library crystals have a raised, or several raised, perfect triangles on one or more face. They are not all quartz crystals. Some are rubies. They contain information which only the pure of heart (the well-intentioned) may access.

The Key crystal is similar in use to the Channelling crystal, unlocking doors to concepts and aspects of self, which are elusive. They are identified by a three or six sided indented shape located somewhere on the crystal. The indent becomes narrower as it extends into the crystal till it terminates, usually in an apex. Place this crystal on pictures, photos, symbols, letters (etc.) to unlock hidden or obscure meanings and ideas.

A Transmitting crystal has two symmetrical seven-sided faces with a perfect triangular face between them. Through these crystals one can connect with the highest wisdom, receiving specific information to specific circumstances or universal truths necessary for personal growth. These are much powerful than Channelling crystals. In addition to the functions of channelling crystals, Transmitting crystals help to develop intuitive and telepathic ability. With Transmitting crystals, one may “phone” someone on the other side the planet or beings in other dimensions.

Quartz Combinations

Aqua Aura is a clear or cloudy “blue” quartz enhanced with pure gold. The gold is attracted to the natural electric charge of the stone and cannot be removed by rubbing or scraping. Aqua Aura activates all the chakras, but especially the throat chakra. It is also good for triggering the energy of other stones. Alone, it is used primarily for healing.

Asbestos included Quartz contains green, yellow, and/or orange inclusions. It will align all the chakras and provide grounding simultaneously. Dreaming and dream recall are enhanced. Estrangement, frustration, and resentment are dispelled.

Blue Quartz is formed by the inclusion of tiny particles of blue rutile, tourmaline, and zoisite. Blue Quartz acts to release users from fear and introversion, producing a comforting resonance.

Carbon included Quartz, otherwise known as a Carbon Phantom (not the same as black phantom quartz), helps to purify the body and the immediate environment. It may be worn, carried, or placed in a specific area you wish to be cleansed.

Citrine and Smokey Quartz acts to enhance psychic ability while providing grounding conditions for the user. Merchants may use it to further business and profits.

Cuprite included Quartz allows one to acknowledge and comprehend the spiritual connection to the universe. It is a lucky stone, bringing serendipitous opportunity.

Dendritic Quartz contains branching figures or markings resembling a moss-like or tree form. These are often formed by manganese or chlorite. Dendritic quartz facilitates a closeness with nature, as well as enabling a better connection to the far past of the Earth. This type of quartz may help you recall past lives.

Golden Healer is a type of quartz partially or totally covered in a semi-transparent sheen of golden-yellow material. It may be used to attain and maintain contact with the spirit world and to enact healing on all levels.

Harlequin contains red dots or filaments of hematite or lepidocrocite. It stimulates energy on all levels, providing a clear pathway from the base chakra to the heart chakra, and can be used to intensify devotional activities. The healing qualities of a loving consciousness are intensified by this type of quartz.

Limonite included Quartz serves to bring an intellectual understanding of ethereal worlds. It is also useful in cleansing negativity from other stones.

Opal Aura, like Aqua Aura, is a blend of metal, namely platinum, and clear or cloudy quartz crystals. This combination acts to cleanse the aura and all the chakras.

Phantom Quartz is a crystal within a crystal. The phantom is a white or coloured mineral and may be partial or complete. The structures may be triangular or occasionally in the likeness of mountains or flowers. It symbolizes universal awareness, and acts to bring humanity together to save the planet. They are excellent for healing the environment. Amethyst phantoms stimulate recall of one’s state just prior to birth to further evaluate what has been accomplished and what remains. Black phantom quartz provides grounded energy. Chlorite phantoms provide healing energy and have been combined with amethyst to assist in removing unwanted energy from implants. Green phantom quartz also has excellent healing energies, as well as being helpful to those with

clairaudient ability. Orange phantoms are helpful to addictive personalities and the breaking of addictions. Pink phantoms act to eliminate the feeling of abandonnement.

Raspberry Quartz has a raspberry tinge due to the inclusion of lepidocrite, hematite, goethite, or amethyst. It assists in clearing and activating the seven major chakras.

Rutilated Quartz contains rutile and sagenite. It assists in getting to the root of a problem. During astral travel, it provides insight into the reason for visiting a location or observing some scene.

Tourmalinated Quartz is excellent for problem solving, eliminating destructive patterns.

Kinds of Quartz

Amethyst is a purple quartz crystal found in volcanic, extruding rocks. It is the most beautiful and valuable of the quartz family, its colour coming from small traces of ferric iron. As much as one cubic foot of quartz can become amethyst by as little as the iron contained in the head of a pin.

From the Greeks, amethyst got its modern name meaning "without drunkenness." It is said the wine colour of amethyst came from Bacchus. Feeling neglected, Bacchus was determined to kill with his tigers the first person he met. Unfortunately for the maiden Amethyst, she met Bacchus on her way to worship Diana at her temple. As the tigers sprang to attack, Amethyst pled to the goddess Diana for protection and was transformed into a pure, clear stone. Repenting his actions, Bacchus attempted to make amends by pouring wine over the stone, giving it its lovely purple hue. A later myth said that Amethyst was a nymph who loved the god of wine, but when he scorned her, she withered away to a small, hard stone which would always oppose the effects of wine.

Both the Greeks and Romans used it to prevent the effects of overindulgence in food and drink, and to cool love. Many goblets were inlaid with amethyst for this purpose. It was often placed under the pillow at night to cure insomnia, prevent nightmares, and to heal mental problems and control temper. It also had the power to control evil thoughts, increase the intelligence, and augment business savvy. For headaches, the stone was warmed and placed against the temples or forehead to reduce the throbbing. The Romans also used it protectively during travel, to tame or hunt wild animals, and to dispel fear and guilt. Egyptians, who called it hemag, also carried it for protection during travel and ambassadors used it to safeguard against treachery and ambushes. Even the Crusaders attached the stone to their rosaries for protection in their travels.

In nearly all societies, it was considered a sacred stone. Identified as a stone of royalty and the bishop's stone, it is still worn on the second finger of the right

hand by Catholic Bishops. The Semitic high priests used it as the centre stone of the breastplate, and used it to symbolize spiritual power. According to legend, amethyst was the seventh stone Iacchus gave to Apollonius. It represents piety and dignity. The Rosicrucian's saw the stone as an emblem of divine sacrifice because the colour was representative of suffering, passion, and hope. Unfortunately, in antiquity the word amethyst was applied to all purple stones, including purple garnet and purple sapphire so it is impossible to say how accurate the religious uses are.

Many consider amethyst a powerful stone for psychic ability. It has been used to ward off psychic and magickal attack, and medieval writers stated that an amethyst engraved with the form of a bear would drive off demons. Some stones have been known to lose their colour after protecting against an attack. Conversely, amethyst is said to increase psychic ability or open up blocked abilities, and it is said to cause dreams and visions This belief comes for the Hebrew name for the stone, Ahlamah from halom, "dream."

Ametrine is a combination of citrine and amethyst. The only significant source of natural ametrine is the Anahí mine, in eastern Bolivia. It occurs in veins in a dolomitic limestone.

In addition to properties shared with citrine and amethyst, ametrine has the ability to enhance harmony with the universe. In meditation, it allows you to reach the higher states more quickly. It disperses negativity from the aura and helps in the rejection of material pursuits. Ametrine also allows you to find acceptability with other people.

Druzy Quartz : Druzy quartz resembles blown foam. It is composed of small bubbles of quartz and occurs in a variety of colours, green, blue, purple, brown, or pink. Green druzy picks up its colour from Malachite. Blue druzy comes from Chrysocolla, and "passion purple" druzy formed from cobalt.

Rose Quartz: Often referred to as pink quartz, rose quartz is one of the most common varieties of the quartz family. Since Egypt, much value has been placed upon it. Likewise in Tibet and China, where it is still a major ornamental carving stone. In Egypt, it was used as a beauty aid in facial masks. The Romans also believed rose quartz would prevent wrinkles and encourage a clear complexion. Use rose quartz to boost and build your self-esteem. It is especially useful in affairs of the heart, removing negativity and replacing it with love and comfort.

Rutilated Quartz: Rutilated quartz is fine grained quartz containing filaments of other materials, most commonly gold or silver. It is a wonderful stone for strengthening positive direction. This stone will also help you maintain close contact with family.

Smokey Quartz: Also called brown quartz, is mined commercially in South America. It may be used to increase endurance, remove barriers, and gently disperse negativity.

White Quartz: Though not usually considered a gem, white quartz can be shaped into a cabochon or faceted into beads. The Romans believed it had the ability to drain off excesses and used this quartz as a healing stone in the reduction of glandular swellings and fevers.

Yellow Quartz (Citrine) : Citrine is a honeyed variety of quartz. It is thought to encourage a more powerful alignment with your higher self, diminishing self-destructive attitudes and raise self-esteem. Citrine encourages light-heartedness, cheerfulness, and hope, warming and energizing the psyche.

According to legend, it was used during Atlantean times as a focal point for energy transmissions, emitting an ultrasound frequency like a laser beam to cut through denser matter. Applied in conjunction with a form of mind control, it acted as a powerful sedative. In ancient times it was said to have a purifying and cleansing effect on one's immediate area and bridge gaps between the mental, emotional and intuitive selves. Later it was carried as a protective amulet.

This gem influences the kidneys, colon, liver, gallbladder, digestive organs, and heart. It enhances the body's overall healing ability and is excellent for tissue regeneration and after surgery recovery. Citrine is most in tune with the navel and crown chakras.

How to activate Quartz Crystals

To prepare your crystal for a purpose as healing, first clean the crystal physically of any mud, oils, sand or other debris. Then using a cleansing technique, be sure any negative energies are removed from the crystal so that you do not transfer residual energies onto yourself or your client. For maximum healing effects, charging crystals will ensure the crystal is ready electromagnetically and is saturated with ultraviolet light which energizes each crystal. To "wake-up" your crystal, you may need to activate it into its role and mission.. And finally, program your crystal to direct the energy for a specific outcome or for support during a healing session.

Cleaning Crystals

Methods of cleansing are various, this is one, but your intention to purify the crystal is most important as your mind is powerful, use this will-power capacity.

If you purchased a crystal with mud on it, chances are it still has part of the growth matrix on it. The matrix is the part of the earth that the crystal grows in, full of mineral nutrients. Try using a dry brush first, to remove what you can but be careful as the crystal may be softer than the matrix it grows in. Then use a

warm water bath and a stiff scrub brush for coarse crystals or a flexible medium-soft toothbrush for more brittle crystals. I sometimes use a high foaming dishwashing detergent with a scrub brush, using the lather to lift off small pieces of grit and sand from tight corners. The matrix on quartz crystals is usually yellow, somewhat cakey-hard like mud and can be removed in a 2-5 day bath of oxalic acid if brushing and water doesn't take it off. I suggest that you look at the following link to Sweet Surrender Mines in Arkansas which details the process better than I could write here for you.. A chemist/phamacist may be able to get the oxalic acid for you or try contacting one of the many mines on the web. Use 1 part oxalic acid to 2 parts water. As for "normal" mud, I suggest that you use a warm water bath and/or a high pressure hose stream at the mud. You can pick at the mud with a firm wooden stick. If you use a steel tool, you will probably scratch or break the crystal as steel is harder than the crystal. Let your crystal dry in the sun and catch those rays !

Cleansing Crystals

Once you have cleaned the crystal physically, the next step is to cleanse the crystal of unwanted vibrations and energies that come from other people handling the crystals during its mining, packing, transportation, unpacking and display before it has actually reached you. Crystals tend to take on energy indiscriminately and like wearing someone else's clothing, you can feel what's not the right energy for you.

I have read and heard a lot from people advised to do everything from burying their crystals in salt for several weeks to performing elaborate cleansing ceremonies. Do what you feel comfortable with and what makes sense to you. Experiment and see what works for you. From my own extensive experience, I recommend using a salt water bath for crystals that are able to take salt. Salt is really good for removing negative energies from most crystals. However, some crystals like Angelite and some marbles and pearls are sensitive to salt and their surfaces can be damaged very quickly in a salt bath. For those, you can use a smudge (see below.).

You don't really need to soak your crystals very long in salt water. A minimum of 7 hours is usually all that is needed unless you have crystals that are extremely toxic for some reason. When I do some really, really heavy clearing with clients (exorcism level), I will soak the crystals is heavily saturated salt water for 3-4 days or longer. However, in normal daily wearing of crystals, a light short 7 hour bath every 2 weeks or so is fine. Get a plastic bowl large enough to hold your crystal(s). Glass is fine but it is a hard surface and you could chip your crystals easily if not careful. Fill the bowl with water to cover the crystals by about 1 inch. Room temperature water is fine and it would be best to have spring water which is "alive" with nutrients that crystals like. For more refined energies, use distilled water. It doesn't matter to the crystal unless

you go back and forth between extremes of very hot and very cold (even Pyrex has a maximum tolerance). Then, for each crystal, add 1 tablespoon of salt as a rough guideline. The "perfect" cleansing solution is a 30% solution of sea salt and spring water. If you have genuine sea water, use that ! As a intuitive, I usually just throw a handful of salt over the crystals and just leave the bucket in the sun to soak.

Try using a pendulum to help you determine when the crystals are ready to come out of the bath. This method works well for me, although I usually walk past the cleansing crystals and intuitively know when they are "done". When you pour off the salt water, do not touch the water or you will be transferring the negative energies back onto yourself. remember to thoroughly rinse off any salt residue from your crystals. I let the crystals drip on to kitchen paper or tea towels.

Some people ask if there is a difference between using sea salt and table salt (rock salt). There is. Most people are not very sensitive to subtle energies. In my experience, I find that sea salt leaves the crystals with a different feeling than table salt. Sea salt has a more refined energy signature with a lot of small rainbow-coloured vibrations. Table salt is like a workhorse, less subtle, more coarse and has clunky yellow and grey-blue vibrations. If I plan to use a crystal at my upper chakras (3rd Eye or Crown), I will want it cleansed in sea salt, as these centres are very refined on my body and I prefer the more subtle vibration. Wouldn't you ? Try soaking two crystals - one in sea salt and one in table salt. Rinse thoroughly and then see if you can tell the difference energetically.

I've also smudged crystals with sage, sweet grass or incense such as frankincense to cleanse them. This is especially good for crystals that cannot be soaked in salt water. I usually spend about 3-7 minutes doing a smudge, fanning the incense over the crystals with a feather fan. This is particularly good of you have a whole cabinet full of crystals or some that are very large and awkward to bathe. Try not to use your hand as a fan - as the smoke rises, it pulls out and takes the negative energies away from the crystal. Passing your hand in this smoke will track these negative energies onto yourself. Don't forget to give yourself a good smudge to clear your own negative energies, especially your hands which are handling crystals directly. You can also rinse your hands in salt water after using the crystals either on yourself or someone else.

Charging Crystals

Sunlight re-charges crystals with ultraviolet light, sometimes called light radiation. You see, when the crystal comes from the Earth, it is has been nurtured in yin energy, the feminine. The crystal has been taking nutrients from the ground - gases, water, various minerals and other nutrients to develop into a crystal. When it is "harvested" from the Earth, it is being removed from the yin energies and needs now to receive yang energies as its source of energy renewal.

So, the ultraviolet light from the sun, the full spectrum of light, restores the crystals depleted energies. The time it takes depends on the crystal's capacity to absorb the light (it's crystalline energy structure has a lot to do with it), the stage of energy depletion within the crystal, and I think the will of the person who has been handling the crystal. Typically, I find four hours in the sun once a week keeps a small crystal energetic and alert. However, some crystals require a much longer time to recharge. You can experiment with the crystal by putting it in the sun for 1 week then holding it in your hand. You may receive and energy discharge from the crystal ! Also use your pendulum to check if it is ready and also to find out the percentage of replenishment.

There are another six methods of re-charging crystals that I teach in my crystal healing classes. Programming a crystal will also take up some of the energy of a crystal and that you may need to recharge more often depending on the usage of the crystal. Also crystals vary a lot between each other in terms of ability to store energy. Size has something to do with it, but also the energy structure of each crystal will be different.in its ability to hold an energy charge.

Activating Your Crystal

Some readers will not be familiar with how to activate a crystal. Sometimes, a crystal can be a "sleeper", and needs to know it is going to be used for healing or meditative purposes. Making a spiritual connection with the crystal helps to activate it, to awaken its consciousness. You can activate your crystal through an initiation ritual, by holding it, rolling it quickly back and forth in your hands, sleeping with it, gazing at it, washing it and generally handling it. To awaken its consciousness through ritual, offer some sage, sweet grass or tobacco and indicate your intent for use of the crystal (e.g. for healing). This event marks the initiation of the crystal and makes an energy connection with the person using the crystal. Remember to fully recharge your crystal after you've been handling it for activation purposes.

Programming Crystals

Why do we want to program our crystals ? There is a folklore that crystals carry programming (a set of instructions) put there by other people or other beings before we acquire the crystals and that sometimes we do not want that. Well, I have the view that first, crystals come on the planet already with a set of instructions on how to grown, what structure, where, how fast and with what energy characteristics - just like humans who have a set of genetic instructions. This inherent pattern cannot be changed. It is up to your own belief system whether they were cosmic vibrations, extra-terrestrials or others who have loaded instructions into crystals or not. Let's move on then.

Second, each crystal has its own mission, or its own programming for healing. Sometimes, it is to provide a grounding force on the planet, maybe working

energetically with other crystals in the earth to provide a network of stabile energy across the planet as part of the physical matrix of the planet. Sometimes, the crystal will carry a specific energy signature by resonating tones, colours and other vibrations that are provided through compassionate forces for humans and other life forms on Earth. Crystal people sometimes say that a crystal resonates for a particular chakra, or has a mission to "clear a past life" for instance. We don't want to harm that type of programming either.

Third, there is a blank database in each crystal. This is a spiritual (i.e., not physical) energy centre which has the ability to store new instruction. Just like humans who have infinite capacity for spirituality (I am not talking about religion), the crystal can translate and absorb an energy signature from outside itself and store it into a crystalline energy structure within itself. Now this is the real esoteric work of a crystal !

The mundane science of a crystal explains some of how these energy instructions are stored, but now we've left that far behind now and are going into an area of deep inner science! This database sometimes gets filled up with unconscious instructions from people handling the crystal, unaware they are projecting energy thought forms that are picked up and stored by the crystal. So, we will want to be sure that the database is empty of any unknown programming first. When we add our set of instructions. The crystal will then resonate with those instructions, amplifying, broadcasting, and projecting the new set of energy patterns to ourselves or others as directed.

Here are some different programming techniques used with crystals.

1. A simple method is writing a thought on a piece of paper then placing a crystal on top to absorb the thought energy. The crystal magnifies the thought and acts as the transmitter, sending the thought in its amplified state to the target person or thing mentioned in the note. You can also use one of the other methods below and place the crystal on a person's photograph to send them an amplified thought.

2. You can also program your crystal by holding it in your hand then breathing in through your nose, hold the thought in your mind of what you want, then forcefully breath out (snort !) into the crystal through your nose. Do this on each side of the crystal to program it. There are 6 sides to a clear quartz crystal. This is a powerful programming technique that I teach in my classes and hope you will benefit from it.

3. Another method is to create a circular breath by holding the thought of what you desire in your mind and then breath slowly and naturally through your nose into the crystal and then breath energy back in from the crystal. Repeat this circular breath for 10 - 20 minutes. This is an effective

meditative technique and is quite powerful to direct your mind for positive results.

You can put as many thoughts, affirmations or items such as holographic images into your crystal. Whenever you want to clear them out, just forcefully breathe the word "CLEAR!" into the crystal 6 times (one for each side of the crystal) and this will be done. By the way, if you are holding a crystal and are thinking bad thoughts, don't. Put the crystal down and clear your mind. Revisit your intent and then you can proceed to use the crystal, unless you need to cleanse the crystal of any negativity its picked up or to clear it of any unintentional programming. Crystals are indiscriminate about energy, but Spirit isn't - so please use them for positive purposes.

I program my crystals for protection, to enhance my dream states, to store affirmations ("I am healthy, wealthy and wise!") among other usages. I have lots of suggestions for using programmed crystals and teach these methods in my classes.

Crystal Meditation Workings

Crystal Meditation is about using your crystals to aid you to create a specific outcome during meditation. Any stone may be used, but quartz crystals are especially good. As many crystals can be programmed, and this is especially true of quartz crystals.

You may choose to program the crystal you are using to help you to unwind more easily during your meditation. It’s easy to learn and may be beneficial to you to help you relax.

You can really use any crystals for meditation, but the use of quartz crystals is helpful as it gives you the added advantage of being able to program them more easily than some other stones.

By using a crystal to aid you while doing meditation, you may be enabled to stimulate a number of different gifts or talents, and this will depend on what it is you desire to be the outcome.

There are a number of different outcomes you may want to achieve from this daily practice.

Programming your Crystal for Deeper Meditation

If you would like a programmed crystal to help you to maintain a deeper meditation, you must first program the crystal you wish to use for this purpose.

It is best if you cleanse the crystal you are going to use before you start and you may use any method for cleansing crystals that is familiar to you.

Golden Rutilated Quartz[1]

Choose a smooth stone that is comfortable to hold in your hand, like a lovely piece of Golden Rutilated Quartz.

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[1] Rutilated quartz, is a type of quartz with needle like rutile embedded in it. The rutile needles can be reddish, which is what rutile means in Latin, or they may be golden, silvery, or on very rare occasions, greenish. Rutilated quartz is reputed to be an energizing stone that helps get energy moving on all levels. Intuitive sources say that it assists with mental focus. It is also said to attract love and stabilize relationships. Rutilated quartz said to be particularly effective for getting things moving energetically. It can help slowed chakras return to normal spin and balance. Emotionally, rutilated quartz is said to be very helpful in uncovering the causes of mental issues and hang-ups. It is reputed diminishes fears and be excellent at assisting with decision-making processes. It is said that it can also ease loneliness and relieve guilt thereby bringing happiness. It is used metaphysically to help one get out of a rut with their life as well as for stabilizing emotional and mental processes, clarifying thought patterns and emotional reactions. Rutilated quartz is also said to increase one's self-reliance and ability to find one's own way. In the psychic and spiritual realms, rutilated quartz is used for meditation, spiritual communications, and dream work. It is particularly good for seeking higher spiritual experiences and meditation on feminine ideas. Rutilated quartz is also used metaphysically to deflect negative energies and unwanted energetic, psychic, and magickal interferences. Physically, rutilated quartz is said to be beneficial for food disorders, the immune system, regeneration of tissue, fatigue, depression, respiratory illness, stability of all physical systems and general health, and absorption of nutrients from food. It is also reputed by intuitive sources to be helpful for getting energy moving in meridians and areas where the physical energy is sluggish. Rutilated quartz is also a mystical crystal "diagnostic tool" which can help discover the true cause of an ailment. Note that healing crystal meanings are spiritual supports to healing and are not prescriptions or healthcare information.

Golden Rutilated Quartz Hold your crystal in your hand, it is said the left hand commonly works better, or in both hands, but do whatever feels comfortable for you.

If your crystal has a point or termination, hold it facing in, towards your arm, to aid the energy to run through your entire system.

Now relax your mind completely. Imagine that you are stepping inside the crystal. Allow yourself to immerse yourself in its energy

As you do this, share with the crystal what your intentions are and what you desire that the outcome of this program will be.

It may help to write it out first, and it may work more powerfully if you do this in the form of a written affirmation.

For example your affirmation may say....

- I feel peaceful and relaxed.
- I allow myself to be relaxed during meditation
- I focus my thoughts in a peaceful and harmonious way
- I fill my mind with beautiful thoughts that make me feel happy
- My relationships with others are peaceful and productive
- I choose for my day to be productive today

When writing affirmations use the words in the present tense, as this is the most powerful way to write affirmations. To help you to write the perfect affirmations to use to program your crystal, read my article on the power of positive affirmations.

Sitting for a Crystal Meditation

Using a guided meditation like this one or others of mine, that is specifically written to aid you to relax during meditation may also be helpful. This may aid you to relax more quickly and more easily. You might also like to listen to relaxation or meditation music.

Once your crystal is programmed, you may then do your crystal meditation with it. Seat yourself in a chair that supports your back when you meditate, as this may be helpful if you are a beginner in meditation.

The Bhagavad Gita, Chapter six, verses 10 to 23 gives you the following instructions: (own translation from Sanskrit)

DIRECTION FOR THE PRACTICE OF MEDITATION

Let the Yogi constantly concentrate his mind on yoga, remaining alone in a solitary place, with mind and body under full control, free from desires and attachment to material possessions. (6.10)

Let him for himself set up a firm seat in a clean place, neither too high nor yet too low, on the sacred kusa grass, covered with a deer-skin and over it a cloth. (6.11)

There let him sit, and making the mind one-pointed, with the motions of thought and senses restrained, fixed on his seat practise yoga for the purification of the Self. (6.12)

Remaining still, holding the body, head and neck erect, let him fix his gaze on the tip of his nose, without looking around. (6.13)

Serene minded, fearless, firm in the vow of celibacy (*of the Brahmachari***), the mind controlled, thinking on Me in total concentration, with intent on Me as the supreme goal. (See also 4.29, 5.27, 8.10 and 8.12) (6.14)**

So, the Yogi ever integrated in the Self, his mind restrained, attains to the peace which has Nirvāna (*nirvāna…)* **as its end, and which subsists in Me. (***…paramām***). (6.15)**

However, O Arjuna, yoga is not for him, who eats too much, nor for him who does not eat at all; nor for him who sleeps too much, nor yet for him who stays awake too long. (6.16)

But, yoga is for him who is regulated (*yukta***) in food and recreation, who is regulated in all his deeds and gestures, who is regulated in sleeping as in walking, achieving a yoga which destroys all pain. (6.17)**

When the well-controlled mind is established in the Self alone, free from longing after all desirable things, then it is said, that the one is at peace. (6.18)

As a lamp may stand not flickering in a windless place – this has been likened with the disciplined mind of a Yogi, absorbed in the yoga of the Self. (6.19)

When the mind is at rest, quieted by the practise of yoga; when seeing the Self by the Self, he finds fulfilment in his own Self. (6.20)

When he knows that utmost joy which, transcending the senses, can be grasped by the intellect; when standing still (*in the Self***), he never departs from reality. (See also KaU 3.12) (6.21)**

When, having reached it, he thinks that there is no greater acquisition beyond it; therein established, he is not dislodged by any sorrow, even in the greatest suffering: (6.22)

That state is known by the name of yoga (*viyogan***), the unlinking from the union with pain. This is the yoga which must be brought about with firm resolve and an undismayed mind. (6.23)**

As the Bhagavad Gita proposes, sit fairly upright if possible, as this will allow the flow of energy to move more easily through the spine and through the chakras. Make sure you are comfortable too, as you will not settle down to meditate if you feel discomfort or pain of any sort.

Hold your crystal in your hands and allow yourself to relax completely. If you are using a quartz crystal this may create a more powerful and faster outcome, because quartz crystals have strong amplifying properties.

This is because when you use a programmed crystal in meditation, not only will your thoughts take on the positive values that the crystal itself gives to you, but you will also absorb the program as well.

If you have chosen to be more peaceful, these thoughts will radiate out into the field of pure potentiality to become reality.

Some Crystals to Use for Crystal Meditation

Whether you choose to do a Third Eye Meditation the more if you are a Shaivite, is also one for stress relief, a meditation to develop psychic gifts or a meditation to aid you to attract abundance, you can combine crystals with it if you wish.

It doesn't need to be a long drawn out meditation, but may simply be a five minute short meditation if that is all you have time for.

Alternatively if you are member of a meditation group, your meditation may continue for thirty minutes or more.

Any meditation can be a crystal meditation, just by holding your special crystals in your hand, so take your crystals with you to your group meditation.

You can easily program most crystals, it is just that quartz crystals have strong properties that amplify whatever you place into the crystal.

Crystals are easily used, by the simple act of holding them in your hand during this important daily activity: MEDITATION. It is an advantage to meditate regularly, and if you continue to do a crystal meditation every day this will be extremely beneficial to you.

Now Be At Peace ... Doing Your Crystal Meditation

Relax... relax... Sit in your chair holding your crystals in your hands, which are in your lap.

This is an excellent, very clear quartz crystal, to hold in both hands from my collection:

It is a polished quartz crystal with excellent transparency having a large clear area. This rare quality crystal was polished from a natural quartz crystal that was

discovered in 2002 at a particular mine in Brazil that is very famous as the original source of the unusual natural quartz crystals known as *lemurian seed crystals* according to the shopkeeper. (Now in my collection.)

Close your eyes, and as you are sitting there, relaxed and at peace, take a nice slow deep breath in.

As you let it out allow yourself to deeply and completely relax.

Take another nice slow deep breath in, and as you let it out, feel any tension in your body just drain away.

Again, take another slow deep breath in and as let it out shift the focus of your attention to the crystals that you are holding.

Take the focus of your mind and place it onto the energy of the stones in your hand. Allow yourself to synchronize with this vibration.

You may feel the energy of the stone, and the program you placed in it may fill your mind, if that is what you want. Just allow yourself to become one with this energy.

If you are using a high vibration stone, you may be aware of the energy within your higher chakras. If you do, just shift your focus to where you are feeling this

energy. You may also feel energy in your lower chakras, if you need it to be there.

As you continue to breathe in and out, just release any tension anywhere you may feel it. Simply continue to be aware of any changes anywhere in your body, and take note of them, then let them go.

Depending on the purpose of the program you have placed in the crystal, you may feel a number of different responses in your body, so just relax and flow with what is happening.

List of Crystals for Crystal Meditation

Ajoite, Amegreen	Amethyst Crystals	Ametrine
Angel Aura	Angel Phantom Quartz aka Amphibole Quartz	Aqua Aura Quartz
Aurora Quartz aka Anandalite	Citrine Crystals	Chlorite Phantom Quartz
Clear Quartz Crystals	Dream Quartz	Elestial Quartz
Faden Quartz	Fire Quartz aka Agnitite	Ganesha Quartz
Goethite	Golden Healer	Golden Rutilated Quartz
Herkimer Diamonds	Lemon Quartz	Lemurian Crystals
Lithium Quartz	Nirvana Quartz aka Himalayan Ice Quartz	Prasiolite aka Green Amethyst
Rainbow Mayanite	Rose Quartz	Satyaloka Quartz
Seriphos Green Quartz Aka Prasem Quartz	Smokey Quartz	Spirit Quartz
Star Hollandite Quartz	Tibetan Black Quartz	Tourmilated Quartz

Shiva Yoga of Meditation with a Crystal

First Method

This is the full length meditation with a Quartz Crystal or a Shiva Lingam Stone. If you don't have that much time or want to start off with a quick meditation just skip step 2. Also, you don't have to do step 4 more than once. This is just for the first time to start the relationship with the stone, so they get to know you better and the other way around, kind of like hanging out with a friend you just met for the first time to get to know each other. The difference being that this friend is a very ancient and wise spiritual being.

Step 1:

Go somewhere quite where you will not be disturbed for at least 10 to 15 minutes. Take your stone and hold him/her in your left hand.

Step 2:

Take a few minutes and admire your stone. Notice every detail. The colour, size, shape, texture, every detail and nuance. Really take in the stone. Notice every detail from every angle.

Step 3:

After doing step 2 for a few minutes, close your eyes and clasp your left hand around the stone. Focus on your breathing and try to clear your mind. Do this for a few deep long breaths until you start to feel more relaxed. This will change your brainwave pattern to theta waves, which is conducive to psychic abilities and especially feeling stone energy and opening up to the crystals so they can communicate with you.

Step 4:

When you have done step 3 long enough to have started feeling more relaxed and your mind feels clearer and your stress levels have reduced you may proceed. Next, say hello to the stone. Even if you don't believe that stones are living beings, just humour me here. Suspend all your doubts and disbeliefs just long enough to complete this meditation. You don't have to speak out loud. You can say it in your head. Say something like. "Hello. My name is …… and it is a pleasure to meet you.

Thank you for coming to me and allowing me to be your keeper. I promise to give you a good home and to take care of you to the best of my ability. I open myself to your energy and my wish is to explore a relationship with you that we can both benefit from. Please teach me and help me to learn from your wisdom and experience. I open myself to healing on all levels and welcome any help you can offer me to move forward on my spiritual path. I want to get to know you better and to learn from your ways. I humble myself as your student and open myself to your teaching. Thank you."

You can say a variation of the statement above. The words don't have to be exact, but the intent is most important and should be clear and you can just speak from your heart and say what feels right to you. However, if you want to say what I said above word for word, I have used it personally for many years and instructed many to do the same with spectacular results so feel free to use it if it feels right to you.

Step 5:

Now, go back to focusing on your breathing again as I instructed you to do in step 2. This time, while you are breathing, focus all of your energy on the stone in your left hand. Keep focusing ALL of your attention on the stone. Try to really concentrate all of your attention on the stone. Focus all of your senses on the stone and most importantly on the physical sensation of the stone in your hand. Keep breathing deeply for several seconds and exhaling slowly for several seconds while focusing all your attention on the stone. Pay close attention to what you are feeling from the stone in your left hand. You may not feel anything at first, but if you repeat this meditation, you will eventually feel the stone pulsing in your hand. It may feel like your own heartbeat in your hand at first, and you may try and convince yourself that this is just your blood pumping in your hand from holding the stone, but this is not true. You are now feeling the stone's energy. It may feel like you are holding a beating heart in your hand. Or, it may feel like tingling or pulsations in your hand. This is the stone's response to the first step you have taken. Keep doing this and stay in the meditative state where you are focusing on your breathing and relaxing and you will soon experience other responses from the stone. You may see flashes of images in your mind, or even start to hear the voice of the stone. You may get an answer to a pressing question in your life. You may suddenly come to a realization of something important. Something spiritual. You may just feel ecstasy or joy and happiness. You may even get tears in your eyes from some joy and release you cannot describe. You may feel an understanding that you cannot put words to. Whatever it may be, this is the stone communicating to you and helping you. Practice this meditation over and over and it will deepen and become more profound every time.

Step 6:

THANK THE STONE! Like everyone, stones absolutely LOVE to be thanked! This is all they ask in return. APPRECIATION! GRATITUDE! You may or may not know this, but thanking a person or a stone actually sends a burst of positive energy their way that they can feel and that benefits them TREMENDOUSLY! Never underestimate the power of a thank you in any situation! Repeat this meditation often for the best results. It may take some time for you to actually start believing that this may work and to move past your doubts and disbeliefs long enough to get results. Don't be discouraged if you don't get results the first time. IT WILL HAPPEN! I promise you. Just be persistent and above all do not give up! Anything worth doing in life requires persistence and hard work. Fortunately, I have done a lot of the trial and error for you myself over the years and I can guarantee results if you persistently continue these meditations earnestly.

Special note:

Although you don't have to do step 4 (talking to your stone) more than once if you don't want to, be aware that if you do talk to your stone and at least say hello every time you want to work with him/her they will respond to you better. You can think of it like saying how are you to your friend and taking to the time to find out how they're doing before asking them for favours. Anyone, including stones, will respond to you better when you take the time to say hello first. A little kindness and courtesy goes a long way in this world. You will be able to feel the difference in the stones energy when you talk to them. They get happy and much more energetic and this makes the vibrations easier to feel.

The Shiva Lingam "Om Namah Shivaha"

The sexual symbolism of Tantra, like the subject of sexuality in general, has always engaged the human mind. The modern mind seems to be obsessed with it as well. Many people into Tantra, as well as most of the scholars who write on it, seem unable to move beyond the physical suggestions of these symbols to their spiritual indications. This has kept the study and practice of Tantric Yoga at a superficial level in which its deeper cosmic and creative energies remain lost.

There is an inclination to reduce the Shiva Lingam and Shakti yoni, the two main Tantric symbols of ascending and descending forces – which are often represented by upright conical stones for the Shiva Lingam and ring stones or basis for the Shakti yoni – to merely the male and female sex organs, which is but one of their many reflections, and their erotic glorification. There is a tradition of Tantric sexuality of mithuna which uses sacred sex as part of Yoga practice. But it is not the only practice of Tantric Yoga, much less the highest, and when done is integrated into a much larger array of practices.

It would be wrong to look at the Lingam and the yoni only in human sexual terms, just as it would be to see the Deities of Shiva and Shakti as only symbols of sexuality. Sexuality, no doubt, is the strongest of our biological and psychological urges. Yet sexuality reflects greater and higher forces, of which it is but an outer biological manifestation.

The polarity of forces that we discover in sexuality is mirrored in the great dualities of nature from electricity and magnetism, to the forces of fire and water, the sun and the moon, and the forms of the mountain and the valley. It is this universal duality and polarity that is the basis of Tantric Yoga, working with it, and through it returning to the pure unity behind it. Sexuality is an important force that we must understand in the process, whether we choose to express it in a human relationship or renounce it for a more solitary path of practice.

The Shiva Lingam is often portrayed in an upright conical form much like the male sexual organ, but there are many other types of lingams as well. The lingam is the symbol of the universal power, the cosmic masculine force or the Shiva principle. It has many forms in nature.

In the Sanskrit language, the word lingam refers to a ‘chief mark’ or ‘characteristic’ of something. As a term, it is not per se a synonym for the male sexual organ, as some would believe. Lingam indicates what is outstanding and determinative. In this regard, the male sexual organ can be said to be the distinguishing characteristic or lingam of a man at a physical level, but lingam in other contexts can have quite a different meaning.

In Yoga philosophy, the term lingam refers to the subtle body, which is the dominant principle in our nature over the physical body. The Shiva Lingam is also the subtle body and can indicate the upper region from the heart to the head. The lingam is a place where energy is held, generated and sustained.

The problem is that the modern mind, particularly since Freud, often tries to use sex as the main means of interpreting life, extending even to art and spirituality, which we try to understand according to sexual symbolism or the sex life of the persons involved! This ‘sexual reductionism’ misses the deeper and broader sensitivities and inspirations that people have.

Clearly sexuality is there for most everyone, but real spirituality and genuine creativity are not! Some scholars have gone so far as to try to reduce Hindu Devatas, Gods and Goddesses to sexual symbols, as if a figure like Ganesha, with his head cut off by his father, was nothing more than another manifestation of the Oedipal complex, missing his deeper yogic implications altogether. Of course, such psychological studies have been done on Christianity and Judaism as well. Freud, himself a Jew, tried to reduce Moses to the Oedipal complex, starting off this trend. Such studies do not help us understand what the spiritual path is all about, but get us further caught in our biological impulses as the primary factors of life. Naturally, such efforts to turn a religion into a sexual neurosis is not appreciated by Hindus any more than by Christians and Jews!

Symbolisms of the Lingam

The Shiva Lingam represents the ascending energy of consciousness and life in nature. We see this in such forms as the mountain, the thunder cloud, the tree, and the upright human being. Many lingams like that at Kedarnath – the most important Shiva site in the Himalayas – are rocks in the shape of small mountains. Many other lingams are associated with light, the lingams of the Sun, the Moon and Fire. There are the twelve famous Jyotirlingas or light forms of Shiva at twelve special temples throughout India.

The state of Tamil Nadu has special Shiva lingam forms for the five elements with lingams of earth, water, fire, air and ether at special temples in the region. In this regard, each element has its Shiva Lingam or determinative force. The famous hill of Arunachala, where the great enlightened sage Ramana Maharshi stayed, is said to be the fire lingam of lord Shiva.

Other Shiva lingams are associated with gold or crystal, the light powers in the metal kingdom. The Shiva Lingam is often described in terms of light, crystal or transparency. Shiva himself is said to be pure light or light in its primal undifferentiated state, Prakasha matra.

The Shiva Lingam is connected to the upward pointed triangle, which is also the symbol of fire. The lingam is present in the male sexual organ both in plants and in animals. But we should not ignore its other forms in recognizing that. The worship of the lingam is connected more generally to a worship of pillars, obelisks, standing stones and pyramids. Tantric lingam worship is connected to Vedic pillar worship (the Vedic stambha, skambha, dharuna), which has parallels throughout the ancient world and in indigenous cultures in general who can still perceive the spiritual powers behind the formations of nature.

The Shiva Lingam is often a pillar of light. In special Vedic fire rituals, the fire could be made to rise in the shape of a pillar which could also then take the shape of a man! In fact, the term Dharma originally refers to what upholds things and can be symbolized by a pillar. The Shiva Lingam is the universal

pillar of Dharma. The pillar is also an inner symbol indicating the erect spine and concentrated mind.

In terms of our human nature, there are several lingams or characteristic marks. The force of Prana is the lingam or pillar force upholding the physical body according to the currents that emanate from it. This is the inner 'Prana Lingam'. Our deeper intelligence or Buddhi provides us the power of insight to discern higher realities, the 'Buddhi Lingam'. The Atman or higher Self is the ultimate linga or determinative force of our nature that remains steady and elevated (transcendent) throughout all of our life experience, the 'Atma Lingam'.

The lingam and the yoni always go together, first of all on the level of opposites, as the upward and downward pointed triangles. The lingam with the yoni below it, the standing stone and the ring base, show the union of male and female energies, not just in sexuality, but also as electro-magnetic forces.

In addition, the lingam in its movement creates a yoni, just as a point in its movement can create a circle. We can see this in the circular movement of the stars, planets and nebulae, as well as many other diverse phenomena in the world of nature. The central luminary is the lingam and its field of revolution is the yoni. The planets form a yoni or circle as they revolve around the Sun as the lingam, of the solar system, its central principle or axis. Yet the Sun itself is revolving around other stars and creating a yoni or circle of its own.

Stonehenge, and other similar sacred sites that have standing stones formed into great circles, show the union of the lingam and the yoni, the cosmic male and female or Shiva-Shakti principles. The lingam and the yoni are also united in the chakra or the wheel, with the lingam as the axis and the yoni as the circumference. The Hindu usage of chakras in ritual and in art also reflects these two powers. Each chakra of the subtle body shows the union of the Shiva and Shakti energies operative at its particular level of manifestation.

The Shiva energy is the upward current running through the spine or Sushumna and the Shakti energy is the horizontal current through which it travels, forming the various lotuses of the chakras. Together they form a spiral of forces. Both forces are necessary to create this dynamic motion.

The experience of the Shiva Lingam in Yogic meditation is an experience of a pillar of light, energy, peace and eternity, expanding the mind, opening the inner eye and bringing deep peace and steadiness to the heart. From it radiate waves, currents, circles and whirlpools of Shakti spreading this grace, love and wisdom to all. To concentrate our awareness in the lingam is one of the best ways of meditation, calming the mind and putting us in touch with our inner Being and Witness beyond all the agitation and sorrow of the world.

In Ayurvedic healing, the creation of the Prana lingam or concentration of Prana at a subtle level is what allows deep healing and rejuvenation to occur. In Vedic

astrology, the Shiva lingam represents the power of light behind the Sun, Moon, planets and stars. In Vastu Shastra, the Shiva lingam is used to stabilize the spiritual and vital energy in a house, as a conduit of cosmic forces.

To understand the ultimate secrets of life we must be able to look at the primal powers of existence, including the needs for sex and food, according to their broader connections and universal implications. Human sexuality is only one of the many manifestations of the cosmic forces of duality, of a greater Divine sexuality as it were, which transcends all creaturely existence.

We must learn to see the cosmic energy behind human sexuality rather than try to reduce spiritual polarities to our own physical and emotional inclinations. This is another aspect of Yoga in which we must look beyond human psychology to the universal consciousness.

Some Scientific Truths on the Shiva Lingam

A glance at the rounded, elliptical, an-iconic image of Shiva Lingam placed on a circular base (known as Peedam), which is found in the Sanctum Sanctorum (Garbhagraha) in all Shiva temples, has given rise to various interpretations, without realizing the scientific truths discovered by the ancient Hindu sages. The practice of worshiping Shiva Lingam as the holy symbol of Lord Shiva, has been from time immemorial.

The worship of Shiva Lingam was not confined to India and Sri Lanka only. Lingam was referred to 'Prayapas' by the Romans who introduced the worship of Shiva Lingam to European countries. The statutes of Shiva Lingams were found in the archaeological findings in Babylon, a city of ancient Mesopotamia. Further, the archaeological findings in in Harappa-Mohanjo-daro, which yielded numerous Shiva Lingam statutes, have disclosed the existence of a highly evolved culture long before the Ariyan's immigration.

In Hinduism, there are various ways of realizing God, which indicates Hinduism is liberal and have no rigid principles. Individual Hindus realize God according to one's temperament. According to Hinduism, God becomes manifest in various aspects and forms and is known by various names.

Shiva Lingam consists of three parts. The bottom part which is four-sided remains underground, the middle part which is eight-sided remains on a pedestal. The top part, which is actually worshiped, is round. The height of the round part is one-third of its circumference. The three parts symbolize Brahma at the bottom, Vishnu in the middle and Shiva on the top. The pedestal is provided with a passage for draining away the water that is poured on the top. The Lingam symbolizes both the creative and destructive power of Lord Shiva and great sanctity is attached to it by the devotees. This does not mean others should give a false meaning to the image of Shiva Lingam.

It is unfortunate for some critics to have an imaginary invention on the image of Shiva Lingam as a male organ and viewed with obscenity, but had conveniently forgotten how a phallus could have appeared from the base. Moreover, since Lord Shiva is described as having no form, it is ridiculous to maintain that Lingam represents a phallus. This is the reason why Swami Vivekananda described Shiva Lingam as the symbol of the Eternal Brahman, when a German Orientalist, Gusta Oppert traced it to phallicism. Swami Vivekananda cited Atharva Veda that the worship of Shiva Lingam was sung in praise of sacrificial post – a description of the beginningless and endless of the Eternal Brahman and refuted it as an imaginary invention.

Hinduism does not oppose Science. It does not even oppose other religions. Science is a continuing effort to discover and increase human knowledge of the physical or material world through experiment and observation. But Hinduism has the force of providing answers to certain issues that Science could not.

The Lingam is shaped like an egg and represents the 'Brahmanda' or the cosmic egg. There are two types of Shiva Lingam. One is a black meteorite egg-shaped stone. It is said that such a stone is installed at Kabba in Mecca. The other one is man-made and is solidified mercury. Solidifying mercury is an ancient Vedic science.

Shiva Lingam represents the totality of the Cosmos and the Cosmos, in turn, being represented as a Cosmic Egg. Again an egg is an ellipsoid depicting with no beginning, nor end.

A glance at the image of Shiva Lingam shows there is a pillar with three marks and a Disc beneath it and sometimes with a coiling cobra snake around the Pillar and shows its fangs above the pillar. The truth behind the scientific research by the Danish scientist, Neils Bohr, demonstrates that Molecules (the smallest part of everything) made up of Atoms which consists of Proton, Neutron and Electron, all of which play a vital part in the composition of Shiva Lingam. In those days instead of using these English words such as Proton, Neutron, Electron, Molecules and Energy, the ancient sages employed the usage of the words like Lingam, Vishnu, Brahma, Sakthi (which in turn is divided into Renuka and Rudrani), Sarppa, etc. as Sanskrit was the dominant language in those periods.

According to Hinduism, the Pillar is described as the column of fire which represents the three Gods – Brahma, Vishnu and Maheshwara while the Disc or Peedam represents Sakthi. The Disc is shown with three ridges, encarved at its periphery.

Sage Vyasa, the author of Maha Bharatha, mentions that Lord Shiva is smaller than the sub-atomic particle like Proton, Neutron and Electron. At the same time, he also mentions Lord Shiva is greater than anything greatest. He is the

cause of vitality in all living things. Everything, whether living or non-living, originates from Shiva. He has engulfed the whole world. He is Timeless. He has no birth, no death. He is invisible, unmanifest. He is the Soul of the Soul. He has no emotion, sentiment or passion at all. There is a mysterious or indescribable power in the Shiva Lingam to induce concentration of the mind and helps focus one's attention. The contents of sage Vyasa is corroborated with the instance of that Arjuna fashioned a Lingam out of clay when worshipping Lord Shiva. Similarly, in Ramayana that before crossing to Sri Lanka, Rama, Lakshmana and Sita fashioned a Shiva Lingam at Rameswaram for worshipping Lord Shiva and also that Ravana could not lift the Lingam after it was placed on the ground by the small boy. These instances show that God may be conceptualized and worshipped in any convenient form. It is the divine power that it represents, is all that matters and here we see that both Arjuna in Maha Bharatha and Rama and Sita worshipping Lord Shiva as Nirguna Brahman or the formless Supreme Being.

The outcome of the scientific research is that the world came into existence with the formation of Molecules. According to Science, two atoms make one Molecule. The valency of molecules indicates the combination of the atoms.

It is essential to have a clear idea of the structure of an atom according to the findings of the Danish scientist, Neils Bohr., the nature of which is given below.

An atom is made up of Proton, Neutron and Electron.

Neutrons do not have a charge and so would continue on in a straight line.

The nucleus of an atom is composed of positively charged Protons and neutrally charged Neutrons. Almost all the mass of an atom is in its nucleus. The nucleus is the very dense region consisting of Protons and Neutrons at the center of an atom.

Electrons are negatively charged and so would be deflected on a curving path towards the positive plate.

But the whole atom is electrically neutral on account of the presence of equal number of negative electrons and positive protons.

The electrons revolve rapidly round the nucleus in circular paths called energy level. The energy levels are counted from centre outwards.

Each energy level is associated with a fixed amount of energy.

There is no change in energy of Electrons as long as they help revolving in the same energy level and the atoms remain stable.

The Bohr model shows that the electrons in atoms are in orbits of differing energy around the nucleus. It is like planets orbiting the Sun.

An examination of the image of Shiva Lingam in the context of Bohr model, would demonstrate the puzzling truth that Brahma has created the world. The behaviour of Proton, Electron, Neutron and Energy are well demonstrated by Shiva Lingam.

Vishnu signifies Proton with positive electrical charge.

Mahesha signifies Neutron with no electrical charge.

Brahma signifies Electron with negative electrical charge.

Sakthi is Energy. Sakthi is a type of energy field represented by a Disc.

Shiva Lingam represents the atomic structure. According to the Rishis, Shiva and Vishnu are present in the Lingam. In Sanskrit, the three lines signify multiple. In the atomic structure, there are Protons and Neutrons which are surrounded by fast spinning Electrons.

Sakthi is represented by a Disc in oval shape with three ridges carved at its periphery. She is Energy and plays a vital role in the Universe.

If one look at the portrait of Vishnu, a lotus is depicted as arising from the navel of Vishnu and Brahma is shown as seated on the lotus. Lotus signifies Energy which has the force of attraction. The stem of the lotus can bend because of its flexibility signalling that Brahma moves around Vishnu. This is a message that Electron is attracted to Proton because of the opposite electric charge.

Moreover, Neutron is depicted as Shiva which has no charge at all. The nucleus of the atom also contains neutrons. Neutrons are about the same size as Protons, but have no electric charge. Neutrons are bound very tightly in the atom's nucleus with the Protons. When the atom's nucleus contains as many Neutrons as Protons, the atom is stable.

Similarly, the ancient sages provided the idea that when Shiva is not disturbed and separated, he remains calm. Shiva remains calm because Sakthi takes the form of Renuka. The energy which forms the molecules is denoted by its valency, which in Sanskrit is Renuka. Renuka is one produces Renu or molecule. Two atoms make one molecule. Hence ancient Hindu sages brought the idea of Sakthi as Shiva's wife and as part of Shiva and dances around Shiva throughout. However, when Neutron is disturbed and separated natural disaster occur, which signify that Shakthi turns out to be a terror known as Rudrani (Kali) performing destructive dance, signalling natural disaster.

The actual producer of molecules is Electron which signifies Brahma. Modern physics shows that Electrons are shared between the atoms to form a molecule. Therefore the Hindu concept that Brahma created the earth is in conformity with Science.

Yoga as a form of Lingam

Hinduism is deep rooted in the practice of Yoga and meditation. According to Hinduism, Yoga refers to the integration or union of a person's own consciousness with the Supreme Reality or in other words Cosmic Consciousness.

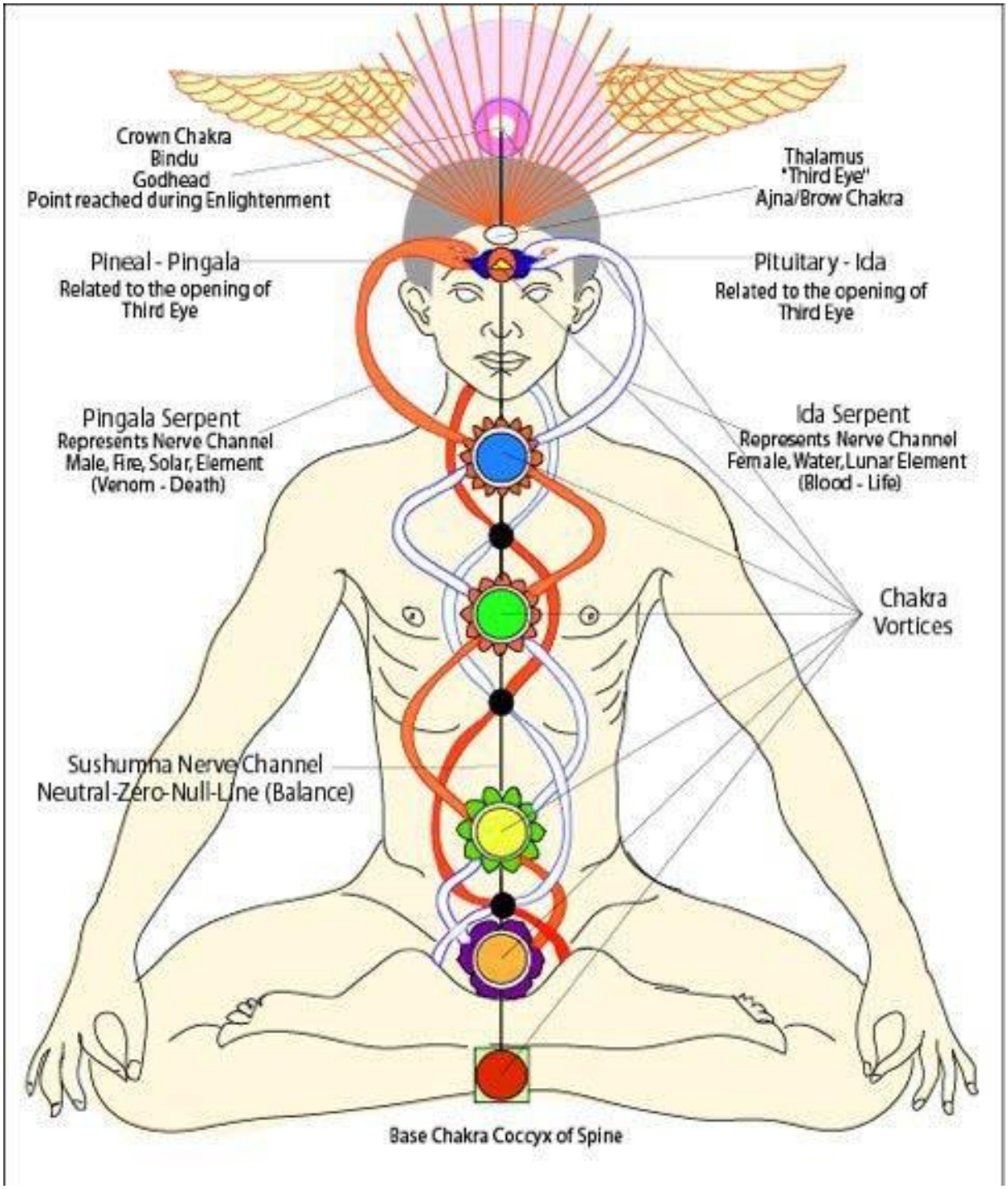
Yoga was one of the greatest gifts provided by the worship of Lord Shiva to the world and received by people from all walks of life amidst diversity. The concept of Yoga began to surface with the excavations of stone seals from the archaeological findings of the Indus Valley civilization and the Mohenjadero-Harappa civilization. The Vedas were the revelations of the ancient sages, received through yogic meditation during the period of the Indus Valley civilization.

The initial form in the existence is a geometric surface, known as ellipsoid. According to Yogic tradition, Lingam is a perfect ellipsoid. The first form of creation is an ellipsoid. Apparently the final form before dissolution is also a Lingam. Modern cosmologists are of the view that the core of every galaxy is in the form of ellipsoid. Yoga always maintains that the first and final form is a Lingam. If a person meditates, his/her energies will naturally take the form of Lingam. As the first and final form before dissolution is also a Lingam, Lingam is considered as a gateway to the beyond. In Hinduism, Lord Shiva is considered as the Supreme Truth.

There is another scientific truth that water poured down on the Lingam is not considered as holy water or Theertham as it is called. Shiva Lingam is considered to be an atom model. There is radiation from Lingam as it is made out of a type of granite stone. Granite is a source of radiation and reported to have higher radio activity thereby raising some concerns about their safety. Granite is said to have formed as lava or molten rock cooled and solidified over thousands or even millions of years, contain naturally occurring radioactive elements like radium, uranium and thorium. Perhaps this is the reason that ancient Hindu sages advised their disciples not to touch water that is poured down on the Lingam. The sages were aware that there will be radiation fall-out if some accidents occur and that is the reason that Shiva Temples were built close to the vicinity of sea, ponds, rivers, tanks or wells. Perhaps this may be the reason why these five Ishwaram temples were built around the coast of Sri Lanka, though Thondeeshwaram was submerged in sea on account of the movement of the tectonic plates. Even lake Manasrovar is situated at the base of Mt.Kailash.

It is unfortunate that the Truth of the great work done by the ancient Hindu sages are misinterpreted by citing some verses in the Vedas, but we are fortunate to witness that the practices and literatures were left as legacy. It is a consolation

that recent scientific discoveries have shown that the findings of the ancient Hindu sages were meaningful.



Second Method - Shiva Lingam Stone Meditation

1. Sit in a comfortable position or lay down with your head and torso propped up on a pillow. It's necessary to prop yourself up to notify your body that you're not trying to fall asleep, and that you're trying to meditate.

2. Clear the mind and activate yourself anyway you choose -- whether this be casting a circle if it’s better for you, reciting mantras to connect yourself with your Divinity, or otherwise.
3. Focus on your body's subtle channels, especially the seven major chakras and the Ida and Pingala channels shown above.
4. Now turn your awareness and intent on connecting your subtle body to the vibration of the Shiva Lingam stone. The purpose is to clear the mind of everything except the subtle body and the Shiva Lingam, and try to get them to resonate together in Unity.
5. The most important step. Don't resist! The Shiva Lingam stone will begin to balance your energies, so relax into the movement of your energy, and let yourself unfold.

An additional technique:

Any time you do work to balance out your energy body, it's possible to clear yourself of negative emotions and energy blockages. If this happens, release any stress or emotional discomfort into the Shiva Lingam stone by first moving it into your heart centre (the seat of Fire which transmutes our emotions), and down your arms and out your palms (into the stone).

When I used to do this meditation, the stone would become physically hot in my hands!

Make sure to cleanse your Shiva Lingam after each meditation session, as well as putting it in its proper place as on your altar or in its proper box -- otherwise you'll end up losing yours like I did once or twice.

Quartz Crystals from the Author's Collection for Meditation

General Information: Quartz [SiO_2]

Mineral Chemistry

Quartz is the most commonly found of all minerals at the earth's surface, and occurs in igneous, metamorphic and sedimentary rocks. Quartz, an essential constituent of acid igneous rocks, is also a principal gangue mineral of veins radiating from intermediate and acid igneous rocks. Because of its resistance to weathering under ambient pH conditions, quartz accumulates as a principal constituent of sediments. Quartz solubility does however increase dramatically in alkaline fluids.

The colour of quartz shows great variety. Names such as rock crystal, milky quartz, blue quartz, amethyst, rose quartz, citrine, smoky quartz, and cairngorm arise from the visible appearance of quartz, with colour attributable to impurities. Cryptocrystalline silica, containing minute crystals of quartz with sub microscopic pores, has the group name of chalcedony. This group includes materials of uniform colour such as jasper, flint or chert, and banded materials such as agate.

Structure

Quartz has a framework structure of SiO4 tetrahedra linked by shared 'corner' oxygens. At atmospheric pressure, a-quartz transforms to b-quartz at 573oC by small displacements of the linked SiO4 tetrahedra - a displacive phase transition. This transition occurs at higher temperatures with increasing pressure. The low temperature form, a-quartz, has lower symmetry than high temperature b-quartz, due to distortions in the structural framework. Thus, six-fold screw axes in b-quartz become three-fold screw axes in a-quartz.

Both a- and b- quartz are enantiomorphic - a relationship similar to that between right and left-handed gloves. In right-handed quartz, spirals of tetrahedra twist one way, while in left-handed quartz spirals twist in the other direction. These relationships are described by the enantiomorphic space groups, P3121 (No. 152) and P3221 (No. 154) for a-quartz and P6222 (No. 180) and P6422 (No. 181) for b-quartz.

A number of polymorphs of silica, SiO2, are found in nature. Coesite and stishovite are high pressure and temperature polymorphs of SiO2. High temperature crystalline forms of SiO2 are tridymite and cristobalite and, like quartz, have low- (a-) and high- (b-) structural modifications.

Listed below are structural parameters for a- and b- quartz.

(i) a-quartz

Structure Trigonal

Space Group: P3221 (No. 154)

a=4.9134 Å c=5.4052 Å

a=b=90.0, g=120.0

Z=3

Atomic Positional Parameters

Si 3a 0.4699 0.0000 0.0000

O1 6c 0.4141 0.2681 0.1188

(ii) b-quartz

Structure Hexagonal

Space Group: P6222 (No. 180)

a=4.9965 Å c=5.4546 Å

a=b=90.0, g=120.0

Z=3

Atomic Positional Parameters

Si 6g 0.5000 0.0000 0.0000

O 12k 0.4147 0.2078 0.1666

Quartz Physical Properties

Quartz (SiO2) is the most abundant single mineral on earth. It makes up about 12% of the earth's crust, occurring in a wide variety of igneous, metamorphic and sedimentary rocks. Quartz forms hexagonal prisms, terminated by rhombohedra, or pyramidal shapes. The faces are often striated, and the crystals twinned and distorted. It also occurs in massive, granular, concretionary, stalactites and cryptocrystalline habits. The streak is white. Quartz is a transparent to translucent mineral, and it has a vitreous lustre on fresh surfaces. Cleavage is poor and fracture conchoidal. Group OXIDES, Composition SiO2, Hardness 7.0, Crystal structure TRIGONAL

References

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Crystal quartz (SiO2), same as previously is a very useful material for fabrication of finished optics: laser beam splitters, AO elements, polarizing optics, prisms, windows, lenses in the ultraviolet because of its high UV, VIS and NIR transmittance, birefringence, ability to rotate plane polarized light, high damage threshold and resistance to scratching. The optical grade material is featured by the highest possible transmittance throughout the range of 190 - 2900 nm, virtual freedom from bubbles and inclusions. Grown boules are Z - crystals and about 100 mm in the direction down the optic axis that limits corresponding dimension in an optical part.

Silicon dioxide occurs naturally as sand or rock, and when melted, the resulting product is called Fused Quartz. If the silicon dioxide is synthetically derived, the material is often called Fused Silica. Fused Quartz is very pure, has a high chemical resistance, good thermal shock resistance and is very strong in compression. The low thermal expansion coefficient makes it ideal for mirrors and optical flats. It is used for viewing windows, being transparent to wavelengths from around 0.2 to 3.5 µm, insulators for electronic applications and for semi-conductor manufacturing.

What is SiO2?

Silicon dioxide, or SiO2, is commonly known as sand or quartz. It exists naturally in Earth's crust. It also exists in the biology of plants, animals and water. SiO2 is a naturally occurring material composed of the shells of microscopic, single-celled algae. SiO2 is consumed by animals, including humans, as part of their natural diet and is considered harmless. Numerous pharmaceutical companies use SiO2 in pills and vitamins as an anti-caking or gliding agent. It is present in almost every pill made out of a powder. SiO2 also has industrial uses which include the manufacture of cement, natural pesticides, glass and numerous electronics.

Metaphysical Properties of Quartz Crystal

Clear quartz crystal is the universal stone. Everyone should have one! Its purity and beauty in its natural form absolutely mesmerizing! It corresponds to all zodiac signs, and is a pure and powerful energy source. It receives, activates, stores, transmits, and amplifies energy. Stimulates brain functions and activates all levels of consciousness. Excellent for meditation. Brings harmony to the soul.

It is said that quartz crystals were used in Atlantis and Lemuria for rejuvenation. Ancient priests used it to dispel negative energy. The ancient Greeks believed it was water frozen by their Gods and therefore called it Krystallos, meaning 'ice'. Romans used to carry it during the summer to keep their hands cool. They also used it for pain relief and treat fevers and swellings. During the middle ages it was placed upon the tongue to reduce a fever, that a crystal was a main component in the workings of a device used within the great pyramid of Egypt

for initiation...abductees reporting the use of crystals by aliens. There is an amazing correlations between photos from the universe and stones we have in the earth itself

Quartz is known as the master healer and used in conjunction with other crystals and minerals, it amplifies their effect. Kirlain photography has revealed that when held in the hand, the strength of the energy field is at least doubled. In general, quartz clears blockages and balances the spiritual, physical, mental and emotional planes as well as giving clarity and bestowing energy. There are many peculiar and rare formations of quartz crystals which have specific metaphysical properties, which we have tried to list below.

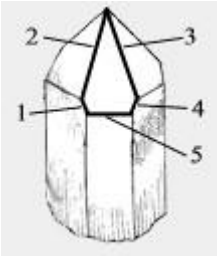
Amplifies Energy ~ Clears and Activates Energy

Quartz crystals can be used to amplify both body energy and thoughts. Quartz can bring the energy of the stars into the soul. The natural tendency of quartz is for harmony and it is recognized as a stone of power. Quartz can be used to clear and to activate the energy centres of the body. It attunes well to the heart chakra and responds very well at the third-eye area. Quartz crystals were used in Atlantis and Lemuria for rejuvenation and in the development of a complete civilization of incredible power and splendour. This crystal can further enhance the flow of one's positive thoughts and feelings towards the light love and harmony of the planet.

Yes, quartz crystals really do vibrate! That is the answer to one of the most commonly asked questions. To prove this answer, simply think of a watch on your wrist, or a computer, which could not work without a quartz chip to name a few. Quartz is both piezoelectric and pyroelectric. It is used as oscillators and filters...from radios and televisions, telephone services to high-tech, industrial, and medical equipment...quartz crystal is essential! Crystals are also now grown in the laboratory using a hydrothermal process, because this process yields pure, flawless crystal for oscillator plates.

Quartz Triune SiO2

Some General Information about Quartz Cristal



ISIS CRYSTALS have five edges surrounding the largest sloping face. These crystals strongly amplify the feminine energy, and can help you get in touch with the 'female' or unselfish side of yourself, no matter whether you are a man or a woman. These crystals are useful in balancing your male-female energy if the female energy has been suppressed, or if you need a greater balance of female energy for any reason. Isis crystals put you in touch with the power of the Goddess.

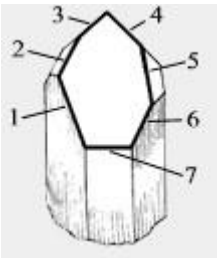
For men, the Isis crystal will help you become more in tune with your feminine side and to become more aware of the aspects of women that you may find troubling.

For women, the Isis crystal will help you regain some of the power and energy that society has taken from you. Teaches that feminine is not weak. Anyone doing healing work with another person needs the Isis energy to be effective.

The Isis crystal should be carried or held when dealing with issues that are emotional and difficult.

Exercise: Isis crystals can be used to project nurturing energy toward another person. To do this, sit quietly with the Isis crystal in your hand with the point directed away from you. Visualize the person that you wish to help and visualize white light going from the point of the crystal and surrounding the person.

To nurture yourself, sit with the Isis crystal in your hand with the point directed toward you. Visualize white light going from the point of the crystal and surrounding you. After doing this you should feel strong and cared for.



Channelling Crystals have seven edges surrounding the largest sloping face. These crystals are especially useful for obtaining information from deep within yourself or from sources that are outside of your normal realm. They can help you draw on the knowledge and information that is provided by the universe, and can aid you in getting help from a higher source. A channelling crystal can be used anytime you are seeking answers or help from outside of yourself. You must `listen' very carefully when using this crystal and realize that answers can come from many sources.

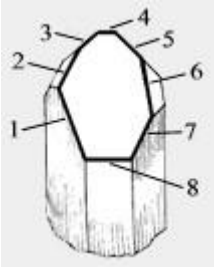
Communication with Guide (Lord Shiva): A channelling crystal is a line of communication with sources outside yourself. Generally, the main source is your guide. A guide is a non-physical entity whose primary job is to look after you. Every human being has a guide. Guides are sometimes called other things, such as conscience, or angels, but they are always with us. We must learn to listen to what they have to say. Your guide will never tell you what to do, or interfere in other ways with what you want to do, but your guide is there to help you find answers for yourself. And you can use your channelling crystal to let your guide be your conscience.

A channelling crystal can only be used by the person holding it. In other words, you can't send the energy to someone else in order to let him receive the information directly. However, since guides communicate readily with each other, you can become good at getting information to people by asking your guide to give you the needed information for someone else, and then relaying it to the person. This is how you channel information for others. Channelling crystals amplify the quiet inner voice of your guide, and can be a big help in learning how to channel information, both for yourself and for others.

Exercise: Sit quietly holding the channelling crystal in your hand and focus on or consider the problem or area that you need help with. `Listen' carefully but remember that the answer might not come immediately. Often, in the beginning you may find that you wake up some morning and seem to `know' what to do. When you are working on a problem, keep the channelling crystal with you as

much as possible and keep it close at night. Sometimes that is the only time the answers can come clearly when you are just starting to open yourself.

Eight Sided Faced Grounding Crystals



Grounding Crystals have eight edges surrounding the largest sloping face. They are quite rare and not always easily available. Grounding is the ability to deal with practical matters in a realistic way. For example, in dealing with the question `How am I going to make a living', a grounded person will consider his skills and decide how best to use those skills to make a living. An ungrounded or `spacey' person does not like to deal with the practical or realistic aspects of life.

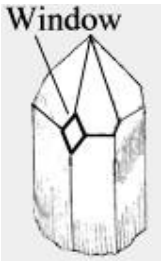
Grounding crystals help you deal with practical matters in a realistic way. They connect you with the earth and keep your energies from being scattered. They help you think clearly and express yourself clearly. When used in meditation they help you form a strong connection with higher knowledge, but keep you grounded so that you can apply that information in practical terms. When using a grounding crystal to work through a personal problem, remember that it will require you to look at the truth of the situation and compel you to deal with that truth.

It is sometimes difficult to recognize times when you need this crystal because not being grounded can be a way of life for some people. These days, it is common to be a little spacey because of things going on in our world. When you are having trouble concentrating, feeling a reluctance to tackle a task that needs doing, or find yourself running in circles but accomplishing nothing, you need a grounding crystal.

Exercise: Sit quietly holding the crystal. Visualize yourself firmly rooted to the earth. Breathe deeply and visualize the roots going deeper into the earth. Continue this exercise until you feel calm and peaceful. When you are having a `spacey' time be sure to keep your grounding crystal close to you. Some people may need to keep it with them most of the time.

You can sometimes help another person become more grounded by sitting quietly, holding your grounding crystal, and visualizing that person being firmly rooted to the earth.

Window Crystals



Window Crystals have a small diamond shaped face which takes the place of one of the corners where two of the parallel faces usually meet the corresponding two sloping faces. Window crystals are introspection crystals in that they help you see what is inside yourself. They help bring things to the surface so you can see them and

effectively deal with them. If you are having problems and aren't sure why, a window crystal can be a good help.

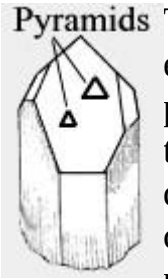
Window crystals are used for working within yourself to deal with problems and changes that must be made in your life. They are used in meditation to help you solve problems that are troubling your Inner Being. For example, if you find you are very jealous of a friend, you can use a window crystal to work within yourself to find the reason and deal with it.

Think of a window crystal as a window into your soul. These are very personal crystals, and when one comes into your hands, it is intended to help you specifically.

Exercise: Sit with the crystal in your hand and concentrate on whatever there is within you that needs dealing with or changing. Just sit quietly and allow your mind to go where it wants to go. If you aren't sure what changes you need to make, sit with the crystal and ask it directly to help you find the areas in your life that may be causing you problems that you are not aware of.

This crystal can be used when trying to help someone else solve problems. If a friend comes to you to talk about a problem have him hold the window crystal while you talk. It can help him open up.

Record Keepers



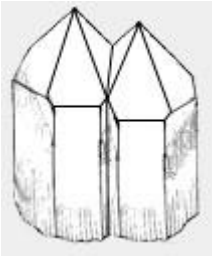
They have a pyramid shaped indention or elevation that appears to be etched on one of the sloping faces. These are fairly rare, and often the pyramid will not be noticed until the crystal comes into the hands of the person it was meant to work with. Sometimes the pyramid can disappear and sometimes more pyramids show up. Each of these crystals has its own special lesson to teach, usually the lesson the person most needs to learn.

Record keepers differ from window crystals in that window crystals help you look inside yourself to let you see the various things you need to learn, while record keepers deal with a specific lesson that you need to learn. A record keeper will often pass from your hands very quickly once the lesson is learned.

Carry your record keeper or put it close to your bed so that it can work with you. It can also be used for meditation.

Some crystals have several special characteristics, i.e. an Isis with a Record. In this case there is a specific lesson to learn that deals with the feminine side of your energy. If you have an Isis with a window it means that you need to look inside to find the areas in your feminine side that are causing you problems.

Twin Crystals



They have two terminations (points) at the same end, which have developed from a single base. You can tell a twin crystal from two crystals that are simply attached to each other, by the fact that both parts of a twin crystal are exactly parallel to each other, and have no boundary between them in at least a small region of the crystal. These are wonderful crystals to use when dealing with `relationship' things. They can help you gain insight into the underlying problems in a relationship, and help work through them. They can generate very positive energy towards improving a relationship. This works for any kind of relationship, not only a man-woman relationship. A twin with a rainbow can be very effectively used to project healing energy into a relationship or to keep a good relationship strong.

When you are having a problem with a relationship sit quietly with the twin and ask for help. Remember, that answers come from many directions.

Twins are personal crystals as one of the twins is very closely tuned to your energy, so it is not possible to use this crystal to work for others in relationship matters.

Double Terminated Crystals

They are crystals that have points on both ends, allowing energy to flow readily in both directions. Double terminated crystals strengthen energy flow, and are especially useful when you need to share or exchange energy between you and another person. They are useful when you are working to help other people, for example in massage or counselling, where energy needs to flow in both directions. In these situations, energy flows toward you when you tune in to a person to find out what that person needs, and energy flows from you when you give the person the needed healing energy. Double terminated crystals are very important to people doing healing work for themselves or others. They also help teach sharing through energy exchange.

Exercise: If you are feeling out of balance with the world, sit quietly and hold the double terminated crystal in your right hand. Visualize white light flowing into the first point, through the crystal and out the other point directly into your body.

If working with someone else, visualize energy flowing into you through the top of your head, down your arm, through the crystal, and into the other person. This can be done while you are with the person or it can work from a distance.

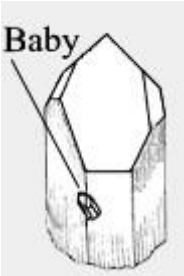
If you have children, try using this crystal to send positive energy to the child when the child is upset or angry. It can have a very calming effect on both of you.

Rainbow Crystals

They have a rainbow reflected from within the crystal. Usually they are best viewed in sunlight. These crystals are especially good as meditation crystals for working deep within the subconscious. They work particularly well to lighten the mood for people experiencing sadness, grief or depression. Just holding a rainbow crystal can lighten your mood. Rainbow crystals are also very good at drawing negativity from a room or a situation. Always cleanse a crystal that has been used to clear negativity by letting it sit in the sunshine for a while.

Exercise: Rainbow crystals bring joy into your life. If you are sad or depressed sit and meditate on the rainbow. It can help lighten your mood. If working with another, let him hold the crystal if he is with you. If he is not with you, hold the rainbow and visualize white light leaving the rainbow and going to him.

Crystals With Babies



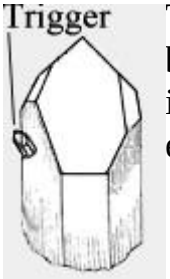
They are crystals that have tiny crystals growing inside a larger crystal. These are very good for people who have had traumatic childhoods, physically or emotionally. They are helpful for people who are blocking painful memories. They help bring the cause of the pain to the surface and allow the person to successfully deal with it, while shielding that person from the pain those memories can cause. These crystals work well for people who are working through current family problems.

Work slowly with this type of crystal, so that things can be cleared at your own pace. You may not feel inclined to work with it at all in the beginning. Don't force yourself. When you are ready, you will find yourself drawn to that particular crystal. You may have this crystal for years before you use it.

Also, sometimes crystals come to you so that they can go to someone else. For example, someone might receive a crystal with babies, have it for some time and not be drawn to it at all. Suddenly they will have an urge to pass it on to someone else.

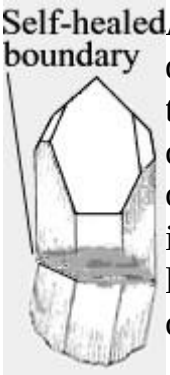
You can use this crystal in meditation or just keep it close to you. Just be prepared to deal with whatever comes up. Try to have some sort of support around you if you are going to work with this crystal.

Trigger Crystals



They have a smaller crystal growing out from them. This `trigger' can be gently squeezed to activate the power of the crystal and strengthen its attributes. These are just used for a surge of a particular kind of energy.

Self-Healed and Phantom Crystals



A self-healed crystal is one that has been broken off and damaged quite badly, but then begins to grow again. A phantom is a crystal that has had some impurity drop on it during growth, but then continues to grow right around the impurity. Either of these types of crystal can help you heal from being hurt, heal from emotional injuries. These are important crystals that will usually come into your life at a time when you are carrying a lot of pain. Just sitting with this crystal will help you deal with the pain effectively.

What gives individual stones their characteristics?

Different stones have different energetic properties. For example, a Tigers Eye can aid those seeking clarity, while Lapis Lazuli is said to expand our awareness and help us attune to our intuition. Rose Quartz is calming and sometimes referred to as the stone of gentle love. Many of the books available contain lists of crystals and what each one means. These meanings are simply interpretations of the energy each crystal carries. Some may consider a crystal with a fresh, lively, citrus feel to it to give zest and promote optimism, and therefore help to reduce depression.

With a little practise and intuition, anyone can interpret the immediate characteristics of a stone. For example, red is the colour of action, and red stones can invigorate and enliven in the same way that the blood in your body gives you life. White or clear stones such as quartz may help you to see more clearly. Purple stones may assist in transformation and change. By all means read and digest the definitions in books but realise that it is important to form your own opinions. The shape of a crystal may also affect its qualities. Some people will also consider the number of facets and, using numerology, which attributes meanings to different numbers, obtain further meanings. Below is a list of the most commonly available shapes:

Single terminated wands

These have a single point at one end and a rough or rounded edge at the other. They are used widely in healing, cleansing and meditation and as jewellery.

Chunks

Chunks are crystals without notable facets. They can be good for enriching a rooms atmosphere, for holding during meditation or simply carrying in your pocket.

Clusters

Clusters consist of a group of small crystals that have naturally grown joined together. Clusters can be excellent for enriching a living environment or workplace. Depending upon their properties they can cleanse, invigorate or calm an atmosphere.

Cut crystals

Cut crystals are crystals that have been cut and polished into shapes such as pyramids, wands or spheres, which can make them very attractive. If they are well-cut the energy of the stone can be maintained and sometimes amplified.

Tumble stones

Tumble stones are small stones, rocks or crystals that have been tumbled over each other many times with increasingly finer abrasive until the sides become smooth and shiny. Many people like to carry a crystal tumble stone around in their pocket to keep the energy of the stone with them throughout the day.

How do I choose a crystal?

You do not need to know the exact properties of every stone in order to buy one, although this may help. It is more important to be receptive and allow yourself to be drawn to a stone that will have meaning for you. If you are in a shop simply stand in front of a group of crystals, close your eyes and relax, and when you open them choose the one you feel most drawn to.

Crystal Tumble stones - Amethyst, Red Jasper and Unakite. When choosing a crystal from an internet site it is not possible to touch the crystal, so you need to take your intuition one stage further. Browse through the pictures of the various crystals and note which section most appeals to you. Spend some time browsing through that section. You may find yourself excited by the picture of a particular crystal, with a powerful urge to touch and feel it and a sense of frustration that you cannot. If you feel that you very much want that crystal to be a part of your life, it is likely that on some level it has something to offer you. For example,

you may feel drawn to a rose quartz crystal because you need something in your life that can help you develop a love of yourself.

You may see many beautiful crystals but none that compel you to buy them. As with all purchases relating to spiritual growth intent is crucial, and you may need to acknowledge that the time isn't right. If you buy crystals purely because that is what you set out to do then your crystals may lack meaning, and you are essentially starting a rock collection. There is nothing wrong with collecting rocks, but this site is more concerned with using crystals to assist personal development. If nothing strongly appeals to you, accept that the time is not right and come back on another day when perhaps a crystal will plead with you, like a gorgeous puppy, to take it home with you.

In our personal development it is sometimes difficult to know what we need. We may see clearly when helping others with their lives but, as our opinions are coloured by what we think of ourselves, find it very hard to be objective when looking at our own. We may like to think we are loving all the time, but in some situations we may be sarcastic, or we may think we are forgiving, but in reality find it hard to talk to a person who has wronged us. Because of this, our conscious selves are not always best at choosing crystals. You may set out to buy a citrine crystal, having read that it can help dissipate negative energy, but be prepared to have your unconscious lead you to a different crystal. The unconscious or higher self doesn’t get involved with life's day-to-day clutter and thus can get straight down to the business of selecting the most appropriate crystal for you. This is why the best approach to choosing a crystal is to quieten your mind and simply do what feels right.

Healing with crystals

Different crystals have different energies and properties, and between them can affect mental, physical, spiritual and emotional aspects of ourselves. Two Fluorite Polished Wands Simply holding the right crystal at the right time can bring about a change in our attitude and well-being. You don't necessarily need to look up the meaning each time you do this. Over time you may acquire a number of crystals - just take hold of the one you feel drawn to.

The right crystal can affect the energy of an environment, and the energy it holds can influence you whether you simply hold it in your hand or place it by your bed or on the mantelpiece. Crystal healers use their knowledge of the stones and of the patient in the healing process. There are various methods of healing with crystals, such as placing crystals on and around a person while they are lying down, or using a wand or point to focus love, energy and intent on the other person in a way that relates specifically to their ailment and needs.

Can the wrong crystal do me harm?

As with many objects used for divination and healing, a crystal can only do harm in the wrong hands. A crystal healer only uses a crystal as a tool. A great crystal does not make a great crystal healer, just as a great paintbrush does not make a great painter. You do need to take some care if you are looking for a crystal healer. If you cannot get a recommendation from a previous client, speak to the healer before accepting treatment. If you don't feel you would trust them in some everyday matter, neither should you trust them with your well-being. You should try to buy crystals from a reputable supplier and, after receiving them, it is wise to cleanse them (see above) of any negative energy that they may previously have absorbed. Use your intuition and you cannot go far wrong. If one day you feel a crystal no longer belongs in your home, it may be time to give it away. As you change you may find that you want different crystals around you, although many will stay with you happily for a long time.

Polished Clear Crystal

Clear quartz is one of the most popular crystals as a healing crystal, collectable or ornament. Clear quartz is considered the most powerful type of crystal for

channelling energy, amplifying energy and cleansing; all of which makes it a real must-have for crystal healers. In this section you can find a huge range of quartz pieces, from polished quartz carvings to natural clusters and quartz crystal balls. We also have a great choice of quartz points, quartz clusters and smoky quartz.

Pyramydal Clear Quartz Crystal (slightly damaged). Purchased in "La Maison de la Radiesthésie"(former initial shop, Paris (France)

For any crystal collector, polished (preferably clear) quartz crystal is an essential. These quartz pyramids are a simple way to bring the beauty and energy of quartz into any space.

Quartz is said to conduct, amplify and store energy better than any other crystal. It is used by crystal healers to focus healing and cleansing energy on parts of the body and aura, gently bringing about positive change.

The clarity and quality of quartz has an unrivalled natural beauty. Place these pyramids in your home or give to a loved one for pure crystal energy and light.

A crystal pyramid has four sides and a base. If found in it's natural formation, the base may be squared off. Apophyllite has naturally forming pyramid shaped

crystals which tightly focuses energy through the apex. Such crystals are good for manifesting. Pyramids can be formed within your mind over your home, a room, your workplace, your car or yourself. Pyramids have been used as a mode of protection since ancient times and continue to be a popular and easy way of putting up a protective barrier around yourself or a larger area. Remember that when you are creating your pyramid, it will require a base as well as the four walls that meet at the apex.

Place a crystal pyramid in the centre of the room and visualise it expanding out in all directions until your room is contained within the pyramid. You can then extend this for as far as you want.

Clear Crystal a Master Healer

Clear quartz is a master healer and as such is very versatile. It can be used for physical, emotional and mental healing and it can also be used for spiritual and psychic development. It has an almost impenetrable aura and can be used for protection. Because it acts as a "blank" transmitter, it can also adopt a "programme" more easily than other stones and as such you can use it to bring luck and opportunity to pretty much every area of your life.

Using Clear Quartz Points

1. Programming a clear quartz point

Hold the clear quartz point over your heart centre, and look at it intently. Tell the clear quartz point, "I now programme this crystal for...." You can programme it for healing, meditation, absent healing, wish work, manifestation, luck, abundance, or a specific quality you wish to develop, such as courage, acceptance, faith, joy, or determination.

You can then carry your programmed quartz with you, or place it somewhere safe until the programme has worked. If you have programmed it for absent healing you could place it in front of a picture of the person (tip pointing at the picture). To de-programme it, simply re-cleanse the crystal. Cleansing on an amethyst bed overnight works especially well.

2. Creating a healing or meditation web

Four clear quartz points can be a really useful tool to have as part of your crystal kit. With four clear quartz points you can create a safe space for healing or meditation.

Cleanse your four clear quartz points. Programme three of the clear quartz points for healing or meditation (you would use healing for physical, mental or emotional issues and meditation for spiritual development). Programme the final clear quartz point to be the control crystal of the four.

Sit in a quiet spot where you are going to conduct your healing session or meditation. Place the three healing or meditation crystals around you, one behind your head and two at your feet. For healing, make sure the two at your feet point in and the one at your head points out, to remove the negative energy from you. For meditation, make sure all three crystals point in.

Take your control crystal and draw it in a circle(or pyramid, whichever you prefer) around the three crystals and around you. Effectively it is "joining up" the crystals and creating a grid of white light energy around you. Three circles will do but if you wish to do more it's fine. Lie the control crystal between the crystals at your feet when you're finished.

You can stay in the web for 15-20 minutes quite safely. You can either work with the clear quartz energy alone, or meditate with a different stone. This can be a good way of working with a high vibration stone safely, for example. At the end, make sure you close the circle with the control crystal just as you created it. Finally, remove the three healing or meditation crystals. Always remove the one at your head first.

If you need grounding, follow the directions above.

3. Aura protection

A clear quartz point is all you really need to invoke protection in your aura. You should programme the point for protection first.

You can do it in one of two ways. It's a good idea to do this before going out into the outside world, especially if you have been doing spiritual activity and are worried you may be too "open".

The first method is to sit and hold a clear quartz point for about 20 minutes, visualising its white light energy entering your aura and forming a thick shield around your energy field.

The second method is more ritualistic. Using a clear quartz point, "draw" a field of protection around yourself: your legs, arms, head, sides and back. When you

come to the front, start at the bottom by your feet and use the point as a zip, zipping up your aura, right up to the top of your crown chakra.

Your protection should hold good for a day – if you have time this can be a good ritual to do every day, especially if you feel you're under psychic attack.

4. Using clear quartz for its own properties (1)

As well as being a master healer, you can use clear quartz for its own specific healing and spiritual purposes:

Clarity

Healing of crown chakra

Faith

Inner spiritual connection

Clairvoyance or inner vision

Easing of headache

Clearing anxiety and nagging worries

Working with a crystal is known as "attuning" to it. A good way of attuning to a clear quartz point is known as hand activation. In the palm of each hand you have a minor chakra. Wind a clear quartz point counter clockwise over each palm, about 10 minutes each side. You can increase this time incrementally if working with it over a number of days. The crystal does not need to be specifically programmed for this but it's important that you clear it of any previous programmes by cleansing it thoroughly.

Clear Quartz Tumble stones

You would use these more for the specific properties above so no programme is necessary unless otherwise stated.

1. Using clear quartz for its own properties (2)

Another way of attuning to clear quartz is by holding it in your receiving hand (the opposite to your writing hand)during a quiet time, for about 10-20 minutes - you can build this up incrementally. You can also carry it in your pocket, purse or bag. Clear quartz is one of a few stones that's safe to place under your pillow, especially if it's for ease of a headache or to provide clarity in a life area - you might find yourself dreaming up the solution. However do make sure it is thoroughly cleansed before doing so.

2. For healing of a specific chakra

You can place a clear quartz tumble stone on a specific chakra for healing in its capacity as the master healer. You can safely place this stone on any chakra though as you know it specifically resonates with the crown. You can even place a clear quartz tumble stone on every chakra for a healing session though you really need a clear quartz web (see above) for this. As this is use of the stone in its capacity as master healer, you may find it more effective if you programme it for healing before you start, but this is not strictly necessary with the tumble stones which are not as versatile as the points.

3. For aura cleansing

You can use a clear quartz tumble stone (the bigger the better) for drawing out negative energy from your aura. Simply draw it through your aura, a few inches away from your body. You will probably experience something which indicates where negativity is present. This could be an electric pulse or static, a cold breeze, a heat, a "wobbly" patch, a "sticky" patch; you may feel it in your hand or on the crystal or both; everyone experiences it differently. Make sure you go over such areas until they have a different, smoother feel. If the crystal becomes heavy, hot or sticky, run it under cold water before proceeding as it means it is full of negative energy and you don't want to risk cross-contaminating different areas of your energy field.

This is especially effective if you do the aura protection ritual straight after.

Other Types of Clear Quartz

The following should only be used for spiritual development and, apart from number 1, should by no means be the first thing you try on your journey with clear quartz.

1. Clear quartz archetypal angels, hearts, eggs, palm stones etc.

In these items, the shape also adds a certain energy to the clear quartz. The hearts are good for heart healing and for centring and balancing. The eggs and palm stones make good "worry stones": the eggs are full of life force energy as well and can be invigorating if you're low on energy. Clear quartz archetypal angels offer protection as well as angel (archetypal) healing, and are nice to have in your environment particularly if you're feeling low. Remember they need cleansing every once in a while, even if you don't handle them.

2. Clear quartz crystal balls and pendulums

These are obviously used in a divinatory capacity. Every pendulum usually has its own swing for yes, no and maybe. It's important to work with the pendulum

with "dummy questions" first just to check which swing is for which answer. Remember it can never be 100% accurate dowsing with a pendulum as your own thought waves and nearby electro-magnetic fields can sometimes interfere. However if you are in a balanced state of mind and surrounded by calm energy they can be surprisingly sharp. Pendulums come in different shapes and sizes and it's always best to go by feel as to which would be best for you. Crystal balls are harder to use as the only way to divine with them is to scry: to meditate on the ball and look for pictures in the patterns held within.

3. Clear quartz pyramids

These really do pack some energy so I would only recommend getting one if you have worked extensively with clear quartz and are well attuned to its energies. Pyramids carry manifestation power as well as keys to healing, and because clear quartz is the master healer this can affect every area of your life. They carry the secrets of the ancients. You cannot programme a clear quartz pyramid: it will simply work like a whirlwind through whatever area of your life it feels you need its influence. It can be very uplifting and good for your spiritual development to meditate with a clear quartz pyramid. You can also place it in the vicinity of plants or animals for healing, or place it on top of a person's picture (with their permission ONLY!) for absent healing - but in the case of animals, only for short bursts at a time.

4. Clear quartz Merkaba

The clear quartz Merkaba or Star of David is otherwise known as the "ascension vehicle", "Metatron cube", or as I prefer, "Metatron Star". It is closely related to 11:11, DNA activation, spiritual awakenings and human evolution towards ascension. It should only be used for lifting your spiritual vibration, or trying to unlock the keys to the next plane of existence for you at key points in your spiritual journey. It is particularly effective to meditate with it while listening to spiritual music. This would be a more appropriate crystal to use once you have worked extensively with a wide range of crystals.

5. Platonic solids and Clear quartz chakra stars

Platonic solids come in sets of 5 (for the first five chakras) or 7 (for all 7 basic chakras) sacred geometric shapes: those which are perfectly balanced, such as the cube, the pyramid, the octahedron and dodecahedron (I forget the names of them all). These are to be used incrementally NOT to put them all on your chakras at once straight away. I was told by one of the teachers on my crystal course that first they should be worked with one at a time, then with the first two together, then the first three together, and so on. They are to be used for meditation and spiritual development and are kind of an extension of the Merkaba. They should not be placed on your chakras without a clear quartz web of protection.

Clear quartz chakra stars usually come in sets of 7 for the 7 basic chakras. They are flattened versions of the Merkaba and should be worked with in exactly the same way as the platonic solids. It would be a good idea to work with clear quartz points placing one on each chakra first, as this can be overwhelming enough! Generally speaking you would not need a set of platonic solids as well as a set of chakra stars though they are slightly different in that the shape of the solids has some bearing on the areas of your life each one heals, whereas the chakra stars all carry the same sacred shape. Most people have a preference for one or the other.

Meanings and Uses of Quartz Crystal

Ordinary yet extraordinary, colourful and clear, Quartz crystals are the most common and abundant in the world, comprising the largest and most diverse family in the mineral kingdom. "From ancient times to the present day, quartz crystals have been a source of Light to mankind. Highly valued by spiritual leaders and healers as well as scientists, the unique attributes of quartz have played a key role in mankind' evolutionary development."

Composed of silicon and oxygen (silicon dioxide), Quartz, from the European "quartz", is a key component in a wide array of minerals designated as "silicates." It occurs as prismatic hexagonal crystals in compact masses and druses, as well as in dense fibrous or grainy formations without visible crystals. It is also an important mineral element in common rock such as granite, quartzite and gneiss, and in sedimentary conglomerates like sandstone. [Simmons, 317][www.Quartzpage.de]

For all its variety, when most people speak of "crystals", they are usually referring to Rock Crystal (Clear Quartz), the six-sided prisms of pure light and energy known as the Perfect Jewel. In its sparkling light is contained the entire colour spectrum.

In the metaphysical world, Clear Quartz crystals are the supreme gift of Mother Earth. Even the smallest is imbued with the properties of a master healer teacher. Ancients believed these stones to be alive, taking a breath once every hundred years or so, and many cultures thought them to be incarnations of the Spiritual.

Today's healers agree, believing crystals are living beings, incredibly old and wise, and willing to communicate when an individual is open and ready to receive. Wearing, carrying or meditating with a Clear Quartz crystal opens the mind and heart to higher guidance, allowing the realm of Spirit to be transmitted and translated into the world of physical form.

Resonating at the level of an individual's needs, Clear Quartz also amplifies whatever energy or intent is programmed into it, and continues to broadcast that energy throughout the world and into the etheric realms. This may accelerate the fulfilment of one's prayers, intensify healing or spiritual growth, or simply allow the crystal to hold a pattern of energy long enough and strongly enough for the manifestation of a goal to occur.

"Quartz crystals are the manifestation of the Creator's finest hour of expression. They are windows of light with many facets which show the myriad dimensions of life created from cosmic dust in an ever expanding universe. Divine plan as foreordained that all expanding life revolve around one common denominator, quartz crystal. Through frozen solidified light all creation could be monitored and assisted through the evolutionary process.

Clear Quartz, pure silicon dioxide, is also called Rock Crystal or Ice Crystal, from the Greek word "krystallos", meaning "ice", because crystal was believed to be water frozen so hard it could never thaw. The prismatic hexagonal crystals have relatively smooth sides and naturally facetted terminations at one or both ends, and may be transparent as glass, milky or striated, often found in clusters and ranging in all sizes. The terminations have different facet shapes depending on the rate at which they were formed, and these shapes are deeply significant.

Throughout history, Clear Quartz has been valued by nearly every civilization as far back as Atlantis and Lemuria, where the sun's power was believed to be harnessed through a crystal as a source of solar energy refraction. They, along with Native American Indians, African tribes, ancient Egyptians, Aztecs, Romans, Scots and countless other cultures used Clear Quartz in diagnostic healing, meditations and spiritual development, as religious objects and in funerary rites, and to dispel evil and magical enchantments.

Types of Quartz

Quartz encompasses a whole family of stones, found on nearly every continent, in virtually every colour conceivable. In addition to the properties of Clear Quartz discussed on this page, the following types of Quartz have their own specific properties, some with links to their own pages.

Macro crystalline varieties form crystals or have a macroscopical crystalline structure. They are usually referred to as "Quartz."

Macro crystalline varieties:

Rock Crystal is pure, clear Quartz, often with a milky base. Its properties are listed on this page.

Amethyst is pale purple to deep violet; known as the Bishop's Stone, it represents royalty and spirituality, and is a crystal of creativity.

Ametrine is a combination of Amethyst and Citrine in the same stone; a "stone of the muses," it connects spirituality, action and overcoming fear.

Aventurine may be green, blue or reddish-brown with a metallic iridescence; it is a stone of optimism, leadership and prosperity.

Blue Quartz is clear Quartz with tiny blue inclusions that create a pale to mid-blue colour; it brings harmony and order, mental clarity and eases fear.

Citrine is transparent and pale to golden yellow; it promotes imagination and magnifies the powers of personal will and manifestation.

Milky or Snow Quartz, also known as Quartzite, is opaque white quartz; it is supportive for lesson learning, realizing limitations and utilizing tact.

Pink Quartz forms in rare clusters of small, well-formed crystals, pale to deep reddish-pink, translucent to transparent; a “stone of innocence and discovery,” it nurtures self-love and respect of others.

Rose Quartz is a massive form of Quartz, pale to deep reddish-pink, opaque to translucent; a “stone of beauty and love,” it promotes compassion, appreciation and soothing calm.

Prase is a leek-green Quartzite (rock rather than a mineral) with actinolite inclusions; an "earth mother" stone, it resolve conflicts and calms nerves.

Prasiolite is Green Amethyst; leek-green and rare naturally, it is often heat-treated; it provides a bridge between the body, mind and spirit.

Smoky Quartz is transparent smoky brown to dark gray; it is a premiere grounding stone, dissipating emotional and environmental negativity.

Tiger's, Hawk's, and Cat's Eye is Quartz layered with chatoyant strips of asbestos and hornblende; Tiger's Eye is golden brown, Hawk's or Falcon's Eye is blue-black, and Cat's Eye is green to greenish-grey. These are stones of action, pride, protection, and reflecting back negative energies.

Cryptocrystalline or microcrystalline varieties have a dense structure and show no visible crystals. They are often grouped together and referred to as "Chalcedony." They are divided into two groups.

Fibrous varieties:

Agate is usually banded in layers and forms in every colour; it is a stabilizing and strengthening stone, facilitating acceptance of one's self.

Carnelian is translucent pale orange to deep red-orange; it is a stone of motivation and endurance, leadership and courage.

Chalcedony varies in colour and pattern, blue is a favourite; the "speaker's stone," it encourages peace-making and carefully choosing one's words.

Chrysoprase is green, usually opaque, and one of Chalcedony's rarest; it is a stone of the heart and promotes love of truth, hope and fidelity.

Onyx is opaque layers of black, brown, grey, black/white or red/white, and is often carved in cameos; it provides inner strength, stability and fortitude.

Sard is brown Chalcedony with a reddish hue; it is a protective stone, dispelling negative influences and providing inner strength.

Grainy Varieties:

Chert is brown, grey or black and resembles Flint, but is more brittle; it aids memory, and is a stone of stability and daily productivity.

Flint is brown, grey or black, solid or layered, and very hard; a stone of grounding, it promotes understanding, communication and integrity.

Jasper is opaque, large-grained and found in all colours, most always layered or patterned; a "supreme nurturer," it is revered as sacred, protective, and encourages humility and compassion.

Heliotrope or Bloodstone is dark green with red spots; a stone of the sun and legendary and mythical bearer of Christ's blood, it promotes healing, selflessness and idealism.

The List of Quartz Crystals far from being complete

Eight Faced Crystals

Eight-faced crystals provide conservation of energy, of resources. They stimulate the removal of obstacles in one’s path and provide for further installation of energy in all endeavours. They are said to be of other-worldly origination and to bring the capacity for actualization on all levels. In addition, they are said to bring order to one’s life, to impart an energy of manifestation and to produce a melding of the

spiritual and the angelic realms.

Amethyst Flowers Quartz

Amethyst flowers provide for the melding of the cohesiveness of the two forces of yin/yang, bringing all the remaining details and circumstances to a comfortable and integrated bonding....allows one to recognize that the study of what is beautiful can never be wasted... it is a "stone of Love, a stone of healing, and a stone of blessings". It provides for a connection between the crown and the heart chakra...It can assist in reminding one for the reasons on being on the earth plane.....It is a stone for the Indigo Children...

Ajoite Quartz

Ajoite produces a melding between the heart chakra and the throat chakra and facilitates speaking that which is in one's heart. This quality provides for a peacefulness within ones emotional system and joyful acceptance of ones surroundings, circumstances and environment. The energy of Ajoite also brings peace within the self, regardless of one’s actual physical or mental location; Ajoite stimulates understanding and total acceptance. the "Earth Keeper" of the Ajoite phantom crystal will find clarity of spirit through communication via the heart, bringing to fruition the perfection of love and facilitating communion with all of the integral part of the earth, sky and life. Ajoite can be used to eliminate hostility- it is quite difficult for one to remain hostile toward oneself; in addition, and following the same logic, Ajoite can also be used to eliminate anger, abrasiveness, jealousy, prejudice....and all of the negative attributes one could imagine.

Angel Aura Quartz

It both opens and activates the crown chakra, and assists one to channel desire toward the "proper" goals, assisting one to adjust and to be comfortable in all situations. Again, it tends to remove "fear."

Apophyllite Quartz

Helps one connect to spirit and act in truth. Very powerful for deep, peaceful stillness and alpha state/meditation/dream recall. Clairvoyance, out of body travel. Green is most powerful: Heals and brings joyous openness to the heart Chakra as it opens the brow and crown chakras. Clears mental fuzziness and channels for with higher-self contact. Helps see truth for growth.

Mirror Apophyllite has the additional reflective qualities of being able to receive back what intentions are sent into the "mirror' of this stone. It has been used for centuries in India in the "art of gazing". One Mirror Apophyllite is usually passed down from generation to generation. It is often called upon to reflect doings from the past to its user, in order to see both the good and the bad aspects of a families' past. Allowing the gazer to be aware of and work on improving the deficiencies from within. It provides a clear and absolute connection between the physical bodies and the astral bodies of its user. Mirror Apophyllite is an extremely powerful crystal and will also enrich the users' intuitive capacities by stimulating the Third Eye Chakra.

Aqua Aura Quartz

Aqua Aura can work as a shield from psychic or psychological attack. Intrusion from outside sources are quickly dissipated by transmutation into pure loving energy, which can work in a healing process which caused the attack. Aqua aura will help you find your own space again. The aqua aura quartz crystal will bring wisdom to expressive communication, encouraging peace and guard against opposing energies. Aqua aura quartz is even more shielding than an aquamarine crystal, because its gold inclusion.

Arkansas Quartz

The ancient Ouachita Mountain area of Arkansas was considered a mystical location by Native American tribes. The hot springs in the "Valley of the Vapours," now the city of Hot Springs, was considered a place of peace for even warring Native American tribes. The beautiful Arkansas quartz crystals of the Ouachitas were believed to have sacred and spiritual significance.

Arkansas Quartz is known for its high vibration and clear energies. The most programmable Quartz. Geologists say that Arkansas and Brazil have the best quality quartz on Earth, and today rock hounds, families and tourists from all over the world head for the Hot Springs and Mount Ida area to go prospecting in the abundant quartz crystal deposits of the Ouachita Mountains in hopes of finding these unique clear, prismatic stones. Whether you are interested in mining for your own crystals in a "dig-your-own" mine or would prefer to buy perfect polished quartz crystals and crystal jewellery in one of the many rock and gem shops in the area, you will surely treasure the natural beauty and "energy" properties of your own Ouachita Quartz Crystal.

You'll find multiple "dig-your-own" crystal mines in the Ouachitas with most of them located in the small Ouachita Mountain hamlet of Mount Ida, the Quartz Crystal Capital of the World. Additional mines are found in Mena, Jessieville, and Story. The mines consist of pits and exposed hillsides where geology experts with backhoes and bulldozers have mined the soil and clay in search of the quartz veins that run through these ancient mountains. Whether you are a beginning digger or an experienced rock hound, you are sure to find a spot at the various mines well suited for you.

At some crystal mines, there are areas where quartz crystals are literally lying on the ground and all you have to do is pick them up. Often the only equipment needed is a screwdriver or a small garden tool to loosen the dirt and a bucket to hold these Arkansas crystals. For avid rock hounds looking for something on the adventurous side, there are plenty of good spots where the crystals are out of plain view. Bring experience, patience and a digging item (such as a crowbar or chisel) to find these transparent stones hidden in the earth. Regardless of the area you dig in, it is best to wear old clothes and shoes because you will get dirty. Although most crystal mines allow people to dig for quartz crystals year-round, the best time of year to mine is during the spring and fall when temperatures are cool.

Atlantean Temple Cathedral Quartz aka Light bearing Quartz

In the ancient times of Atlantis, all learning, all technology, was based upon the use of crystalline structure. What we consider to be metaphysics, they considered to be physics. They derived the purity of science from the purity of crystals. These magnificent crystals can take us back in time to the lost land of Atlantis. With these crystals, Atlantis can be found. They embody the spirit of Atlantis, the culture of Atlantis, and the spirituality that was Atlantis. Each and every one of these crystals was part of the greater whole that embodied the culture of Atlantis.

Implanted Crystals These are crystals brought from Atlantis and physically implanted into the earth at various locations, usually upon power nodes. During the age of Atlantis (especially in the latter days of is existence) most of these crystals were transported to other sacred areas. The crystals contained the original star codes which Atlantis was holding for the planet.

Transference Crystals still within the veins of the earth. They have had the light codes of Atlantis transferred into them by the Earth Guardians of Atlantis. All of these Atlantean programs are encoded within crystalline matrices of mineral deposits in the earth which Thoth calls "Merlins Mine." The "Merlins Mine" crystal deposits contain Light program encodings for various "programs" in stratum or energy layers of the planet, one of which is Atlantean.

Aura Treated Infused Quartz (For information only, no picture)

Used by many psychic mediums for accurate tarot or psychic readings and may also be used during a healing session for auric protection from negative energy. It provides a shielding property for the aura and subtle bodies. It has the ability to guard against negative energy. It provides for alignment of the chakras and balance. It helps one to attune to more spiritual and psychic levels of awareness for those who are involved in spiritual development. It emits a gentle and compassionate energy and provides a shield of protection to those who feel "swamped" with negative energy. Aquamarine stimulates, activates, and cleansed the throat chakra, facilitating communication of higher quality than the mundane. In addition, Aquamarine protects against receiving unwanted clairvoyant energy during discussions with others or during a psychic reading.

Created by taking polished quartz crystals and infusing them with pure Gold, Platinum, and/or Silver. The process of infusion creates an immensely powerful protection which fuses the White, Blue and Gold Rays into an iridescent display of Light with enhanced opalescence. The Gold treatment produces flashes etheric shades of shimmering violet, aqua aura, ruby, and tangerine colours.

Aqua Aura Metaphysical Meaning: Promote clarity of thought, attract positive energy, and Balance the emotions with the aqua aura stone. Smooth and clean aura. (infused with gold). Colour will not scratch off. Aqua aura is produced by bonding the nuclei of molecules of pure gold to the quartz by the natural electrostatic charge of the crystal. This produces a celestial shade of blue, which is part of the crystal and cannot be scraped off. Aqua Aura Shares many of the same characteristics with fine aquamarine. It stimulates the throat chakra, enhancing one's ability to communicate . It has a very high and intense vibration and is a potent tool for healing work and body layouts and activation of the chakras. It may be used to smooth and heal the auric field and release negativity from all levels. It can be used to help with one's inner beauty and attract wealth

and success relieve depression and anxiety and assist in creating an aura of peach and well-being .

Champagne Aura Metaphysical Meaning: It can be used to gently dissolve negative energies and emotional blockages. It provides for balancing of the yin-yang energy and is an excellent grounding stone. It further acts as a protective stone, providing for an encompassing barrier of energy around the user. It can be used to initiate a powerful force field which will absorb many forms of negativity, both from within oneself and from outer sources. It tends to refine the vibratory energies when one is in the state of meditation. During "laying-on-of-stones", the placement of champagne quartz pointing away from the feet, the hands, and the base chakra provides for the grounding of all bodies to the healing vibrations and discourages the "healing crisis' which could occur during activations of the energy centres. It provides protection from any detrimental forces present in the ethereal realm.

Imperial Gold Aura Metaphysical Meaning: "Imperial Gold Quartz provides the perfect link between the solar plexus and heart chakras, making for a blend of their highest traits." Siberian Gold Aura is highly programmable, so it can amplify one's intention in any area, especially those inspired by love and compassion. Imperial Gold aura imparts an energy of sovereignty, granting one dominion' over the realm of one's life enhancing one's powers of conscious co-creation with the diving. It supports the flow of abundance into one's life. Transforms negative energies to positive forces and brings focus to the user toward recovery, toward rejuvenation, and reclamation for the true self. This has been used to assist one in attaining and maintaining contact with the spiritual worlds and to incite healing on all levels. It provides a powerful healing energy. It stimulates communication and psychic awareness on all levels. This can help to purify one’s body and one’s surroundings. It provides contact with the "fairy kingdom" of this world. It supports all benevolent wishes and helps them to manifest.

Tanzine Aura Metaphysical Meaning: Similar to aqua aura but carries more violet ray. Infused with gold and Indium. This stimulates the throat, the third-eye, and the crown chakras. It brings together all aspects of both communications and psychic power, allowing the user to adequately communicate visions. It can be used to stimulate the crown chakra to produce visions of the higher spiritual realms. The energy acts as a spiralling force, reaching to invite protection and safety during all activities. It is a "stone of magic", and aids in manifestation. It also facilitates communications with the spiritual world. It also facilitates encounters with other-worldly beings and provides for receiving information of the universal mysteries and Akashic records. Perfect for balancing the chakras and may be used as a grounding crystal. One of the most powerful materials for the development of one's latent

psychic abilities and the enhancement of one's conscious connection to Spirit. It is an incredibly potent aid for intuitive, medium, shamans, readers and healers. It stimulates the third eye and crown chakras.

Mythical Angel Aura Metaphysical Meaning: This can used to balance the centres and meridians of the physical body to provide alignment of the physical body to the etheric body, to align the subtle bodies and provide the polarity adjustments which are necessary within the physical body for optimum health. It can also provide permanence to relationships. It can be used to strengthen the memory and is a "stone of happy dreams and changes". This has been used to awaken both the psychic and mystical qualities. It helps one to understand the higher powers of intuition and mysticism and utilize these powers to enhance personal understanding in realms of the sacred. It can also be used to encourage flashes of intuition and insight. It assists in the alignment between the spiritual self and the psychic and astral planes. It is used to invoke visions, and vision quests. It has also been used to provide a connection to the stars, facilitating communications between the Earth plane and the "star people" of this world and other worlds and spirit guides. It tends to provide a grounding action while enhancing the transfer of information. It is an excellent stone for cleansing and brightening the aura and stimulate healing.

Ruby Aura Metaphysical Meaning: Ruby Aura helps to maintain psychic energies. It can assist in purifying and correcting disoriented, trapped energy and disallows the accumulation of negative energy vibrations. It is an excellent stone for releasing blockages and arrest leakages of energy from the chakras and to transmute negative energy away from the aura. It provides a psychic medium with magnified protective energy. It promotes dreaming and stimulates the connection with , and transmission of information from ones spiritual guides. It assists in increasing perception and helps to regulate the emotional and the intuitive energies. It has been used to assist one in attaining and maintaining contact with the mental/spiritual worlds and to incite healing on all levels.

Azure Aura Quartz

Indigo helps one to develop the higher senses of sight, hearing and smell. It enables one to express the purity of the God-self-within; supporting the ultimate development into a true spiritual teacher who can impart to others high knowledge, understanding, love and wisdom. Helps one to learn control of the Universe's forces and eventually achieve communion with the Higher Self Consciousness Within.

Barnacle Quartz Crystals

There are many viewpoints in the world, and you must sift through them to find your truth. What is right for one person, is not necessarily what is best for another. Also, be aware that a crystal formation may have well documented uses, but others may have discovered new energies and uses. Use this list as a starting point.

Barnacle Quartz Crystals covered or partially covered with smaller crystals. The larger crystal is the "Old Soul" and contains the wisdom and trust which attracts the smaller crystals. Used in meditation to provide insights to family and/or community problems. Also excellent for those employed in "service organizations" to help stimulate a group cohesiveness and willingness to work together.

More Info about the Barnacle Quartz Crystal

A Barnacle Quartz crystal is described as "The random outside attachment of several to many smaller crystals to the host." That is... barnacles are smaller crystals covering some part of a larger one. These are also called Fairy Dust crystals.

Barnacle Crystals are for meditation. As, you know the relationships and things you accumulate in your passage through life are not you. Do not confuse yourself with your relationships and your things.

When you are trying to separate your own mind from its relationship with others, and get in touch with your real spirit, use a Barnacle to aid in your efforts of self-knowledge and usefulness.

When you use the crystal, think of the barnacles on it as the things and relationships you have added to your life. Note they are not the main crystal, just as you are not the things you have added to your life.

Keep a Barnacle Crystal near to you. Let it constantly remind you keep a perspective on your relationships. It will help you learn to see yourself separately from your things and relationships.

A Barnacle is a good crystal to use in the beginning of a meditation session. It will help you find yourself - the first step in finding your future.

Blue Quartz

Blue quartz, also called Dumortierite, or Siberian Blue Quartz, is a stone of peace, expression and order that can enhance organizational abilities, self-discipline, and orderliness. This enhancement is believed to be due to the effect it can have of balancing the throat chakra and enhancing communication between lower chakras (physical) and higher chakras (mental/spiritual). Blue quartz brings this sense of order to all things, and releases fear, bringing courage to one's life. It is also a boost for creativity and expression.

Blue quartz is simply macro-crystalline quartz that is blue. The term is used for - at least - three different types of quartz:

- Quartz crystals that appear blue due to the so called Rayleigh scattering effect caused by tiny inclusions
- Crystalline quartz that is blue due to more or less evenly distributed inclusions of blue minerals, like magnesio-riebeckite or tourmaline
- A coarse grained, massive, macro-crystalline form of blue quartz not unlike aventurine quartz that is also coloured by embedded blue minerals, like dumortierite.

So far no quartz that is blue because of colour centres, similar to those found in amethyst or smoky quartz, has been found in nature. Amethyst from certain mines in Brazil will partially or completely turn blue on special treatment.

Some would say that the term "blue quartz" is reserved for rock crystal that appears blue by Rayleigh scattering. This, however, is the rarest form of blue quartz, and there is also a common denominator between all three forms: the

colour is caused by inclusions of other minerals, and not by built-in trace elements and/or lattice defects, like in amethyst, for example.

Because of this rather open definition, the specimen in the two images to the right both qualify as blue quartz.

The first image shows a rock crystal that is coloured by tiny fibres, probably riebeckite from Minas Gerais, Brazil. In the "Locations and Specimen" section you will find another image of this crystal.

The second image shows another type, a massive macro-crystalline quartzite specimen of unknown origin, coloured blue by some unknown embedded mineral, possibly dumortierite.

Specific Properties

The colour can vary from grey to deep blue. Natural blue quartz is always coloured by inclusions of other minerals, not by trace elements or colour centres, so it is never transparent, just translucent.

Occurrence

This depends on the type of inclusion: Quartz that includes riebeckite occurs in metamorphic rocks, while inclusions of blue tourmaline have been found in crystals from igneous rocks and pegmatites.

Grains of blue quartz are occasionally found as a constituent of igneous rocks.

Locations and Specimen

Brazil

A double terminated quartz crystal deeply coloured blue by inclusions of fine needles of indigolite, a tourmaline. In the large versions of the image one can see that the needles are oriented randomly in the crystal. From the Jenipapo Mine, Itanga, Minas Gerais, Brazil. (*See picture above*)

Another blue quartz specimen, also from the Jenipapo Mine, Itanga, Minas Gerais, Brazil. Its colour is much lighter and more uneven, in part because of additional cloudy white inclusions.

This image shows the same specimen as the first image on top of this page from a different perspective. One can see bundles of blue-grey fibres (probably riebeckite) that run roughly parallel to the c-axis. From an unknown location in Minas Gerais, Brazil.

From Spain

Antequera near Malaga is a famous location for translucent quartz crystals of intense blue colour. The cause of the colour are fibrous inclusions of magnesio-riebeckite. The crystals often lack prism faces (m-faces) and are distorted, sometimes showing a strange surface pattern. The crystals can be found in narrow fissures in the metamorphic rock. Large, well-formed crystals are rare.

A locality with very similar looking crystals is Olvera near Cádiz, Andalusia. However, the crystals at that locality are coloured by inclusions of the mineral aerinite (Romero Silva, 1997). Specimen with inclusions of both aerinite and magnesio-riebeckite have been observed, as well.

The two images show views of the same specimen from Olvera. One side has light blue, but larger crystals. The dark shiny crystals in the appeared when I dissolved a cover of carbonate cement.

Another nice image of this type of blue quartz can be found at the blue quartz description at mindat.org.

Brazilian Quartz

Very popular metaphysically, Quartz raises consciousness towards enlightenment and purifies on all levels. Known as "The Stone of Power", Quartz amplifies energy and intention. Quartz raises consciousness towards enlightenment and purifies on all levels. Clear Quartz is also known as the "Master Healer" of the mineral kingdom, with it's very high vibration, and is the most versatile healing stone among all crystals. Quartz is said to be the most powerful healing stone of the mineral kingdom, able to work on any condition. Clear Quartz is believed to protect against negativity, attune to your higher self, and relieve pain. Quartz crystals are very programmable and have a tendency to hold a program much longer than other minerals.

EXCELLENT HEALING STONE - Brazil is the world heart of Quartz production. Brazilian Quartz has a soft heart frequency that is EXCELLENT for healing work. It still seems to carry the ancient energies of Lemuria, which combine the frequencies of heart and mind to attune us to our own Divine Source.

Bridge Crystals

Bridge Crystals: A large crystal with a smaller crystal(s) which penetrates and is located partially in, and partially out of the larger crystal. It facilitates bridging between the inner and outer worlds, between the self and others, and the self and other worlds. It is beneficial when working with the aspects of spirituality, the advanced metaphysical areas, and attempting to share this knowledge with others.

Bushman Quartz

I believe that Bushman and Sugar Blade quartz are the same type, possibly found in different areas thus called by different names. Brandberg crystals Are crystals from the Brandberg Mountains in Namibia. These crystals commonly have water bubbles inside them.

Cactus Quartz

Currently Cactus Quartz is being used in the treatment of skin eruptions and allergic reactions which are manifested via the skin (via elixir.) It has been used in the treatment of colon disorders, in detoxification of the body and in obsessive behaviour patterns. This crystal has also been used to rectify localized

energy disturbances. It acts to dissipate the disturbance and to replace any disorganized energy with a stable, reliable energy which discourages further disorder.

Cactus Quartz has been used for astral projection and for dreaming. Placing one or more under your pillow at night can increase and intensify the dream state. These crystals are also excellent for use in meditation.

Cactus Quartz can also be used to assist in providing one protection from mental and physical harm, and to assist one in maintaining a field of protection.

REMOVES NEGATIVE ENERGY ~ SELF CONFIDENCE ~ Spirit Quartz is a beautiful and unusual form of Quartz. It comes from South Africa and is a Quartz point covered with tiny smaller points. Amethyst Spirit Quartz is said to clear your aura and chakras and can remove negative energy or attachments. Amethyst is an excellent meditation stone. Citrine Spirit Quartz works with the solar plexus chakra and helps you to be in your power. It's a stone to boost your self-confidence and self-worth. If you are working to manifest things in your life this is an excellent stone to help.

Candle Quartz

It is a formation of Elestiated Quartz... It is a stone for luminaries of our Earth, providing for thought transmission within the physical realm and between the luminaries of other worlds. It conducts one to the interior of the being and fosters regard for the body as a "mansion for Comprehension". It produces a realization of the damage one consciously allows to occur to the body and helps one to be more in control of the issues, recognizing the path to ameliorate and to discontinue negative self-fulfilling prophesies. Candle Quartz is a very tranquilizing stone which can be

used to dissipate the tedious and oppressive from ones character or environment, the presence of the stone in an environment acts as a clarifying agent " to dispel the shadowy" and to "acclaim the interior illumination." Mystical candle quartz is normally very white and cloudy. The side crystals look like "dripping wax" each pointing towards the main Termination.

Cathedral Quartz Generator

A rare form of Quartz crystal. These crystals must have inspired architects to create turreted castles and cathedrals. Watch out for the lightbrary Cathedrals. They are generally very translucent Cathedral crystals that also appear to have doorways. Cathedral Quartz crystals are named after their shape. They look like mini castles. Not to be confused with Amethyst Geodes; these have only just started to be referred to Cathedrals in the last few years, where the crystals like the ones shown have been referred to Cathedrals for many decades. Clear Cathedrals are referred to as Lightbrary Cathedrals. Lightbraries are said to house the Libraries of Light! These crystals have doorways in them, more often than not, in their castling definition. To travel into the crystal, just gaze into the doorway, you will see it open and your consciousness will be drawn into the crystal. From there you can travel into different chambers and receive information that you are ready for at that time. You can also travel in inner and outer space in complete safety within the crystal.

Celestial Aura Quartz

Celestial Aura Quartz is created by the bonding of Indium and Gold to Quartz. It enhances communication and intuition.

There are so many different types of Aura Quartz crystal and each have their own special way of working.

Aura Quartz is quartz that has been bonded with the microns (or atoms) of precious metals. This process is called vacuum metalizing and is actually an industrial process used to bond aluminium to the inside of headlights on vehicles.

The quartz is placed in a vacuum chamber, the air is then removed and microns (tiny particles) of a pure precious metal, or sometimes a mixture of precious metals, is puffed into the vacuum chamber. This settles onto the quartz and a bonding process takes place, permanently bonding the microns to the quartz. This bonding cannot be removed, nor does it peel off (as silver plating might). The only way of removing it would be to smash the top layer off the crystal. Each metal produces a different colour.

Now usually, I don't particularly like crystals that have been 'messed with' by man, but Aura Quartz is special. It brings together the vibration of quartz and metal. Together, they create a vibrational frequency that isn't available in nature ~ and this frequency is beautiful! It's a high vibration and a stimulating one. Quartz amplifies and expands the energy around it, whilst metals tend to banish or clear any negative energies when they are combined with quartz. I have found negative energies simply dissolve when working with any of the Aura Quartzes ~ they stay focused firmly on the positive.

Each different coloured Aura Quartz has a different purpose. Now there are a LOT of new Aura Quartzes on the market that are really bright, quite gaudy colours. These are inferior Aura Quartzes where the makers have been experimenting with lesser metals or a cheaper mix of metals, using copper or nickel, which produces quite a thin layer of bright, brash, garish colour. I have found the vibration of these newer Aura's to be quite dull. There is only one quality and reputable creator of Aura Quartz in the world in Washington, USA. India & China are also trying to produce Aura Quartz, given its popularity, but they are using the inferior or cheaper metals and therefore, aren't creating the best Aura Quartz to work with energetically. They are also treating plain glass and calling it Aura Quartz, so only buy from reputable suppliers. However, if you are drawn to one of the newer, brighter pieces, then by all means follow your own intuition as crystals often choose us, so we should honour that.

The Aura treatment isn't just limited to Quartz either, there have been pieces of Danburite and Topaz that have received the same vacuum metalizing treatment (Mystic Topaz for example is Clear Topaz bonded with Titanium), but it is very rare for Aura crystals to be anything, but Quartz.

So I will list below the premium, original or high end Aura Quartzes that I have worked with personally and know to be absolutely pure and highly vibrational:

Aqua Aura: the most commonly sourced Aura Quartz. Aqua Aura is quartz that has been bonded with 24ct Gold. It shimmers and sparkles in a beautiful Aqua blue colour. Aqua Aura brings connection to our Higher Self. It facilitates honesty, clarity of the mind and the speaking of our truth. It aids communication in a way that is different to most other 'communication' crystals in that it promotes positive, empowering communication. We can all communicate, but whether it is in a way other people hear our truth or in a way that is kind, compassionate and positive is a different matter. Aqua Aura can be placed anywhere on the body during a therapy and will bring ideas and information to mind ~ either for the therapist or the client, as to why energy or illness might be located in a specific area. Used in meditation or divination, such as tarot reading, Aqua Aura aids clear mindedness, enabling us to clearly interpret whatever information we need to know in that moment and allows us to communicate it in a positive way. Aqua Aura is good at releasing stress & anxiety and so allowing our mind to be cleared of irrational fears.

Angel Aura: the second most commonly sourced Aura Quartz and sometimes called Opal Aura. Angel Aura is quartz that has been bonded with Silver & Platinum. It shimmers and sparkles all colours of the rainbow as the crystal is moved under light in different directions. Angel Aura has a sweet, high, pure vibration that enables us to connect to other realms and higher energies. It raises our vibrations up when we use it or wear it as jewellery. Angel Aura also brings a calm, quietly confident feeling of inner peace and knowing. It allows our mind to let go during meditation or when undertaking spiritual practices so we can truly connect to the Universe and receive relevant information. I wear a stud earring in Angel Aura constantly as I feel it keeps me calm and connected, even when life gets stressful, I can still connect to my Higher Self and listen to my intuition when wearing this crystal. This crystal is best worn as jewellery on a consistent basis, but the pieces are wonderful to keep on a bedside table or to place on the third eye or above the head if lying down for meditation. Alternatively, if sitting, sit crossed legged, relax and hold the crystal with both hands resting in your lap, at the level of the solar plexus or stomach. Angel Aura is also an excellent centre piece for a crystal grid.

Apple Aura: Apple Aura is a bright green colour and has been bonded with Nickel. Said to be good for the spleen and immune system. Said to be good for protecting our energy levels and protecting us from energy 'vampires'. It assists

in severing ties from previous relationships. It is said to aid multidimensional and cellular memory healing, and is an efficient receptor for programming and bringing the body into balance.

Moss Aura: What makes Moss Aura Quartz different from Apple Aura Quartz is they use less nickel and add in some Platinum, which takes the colour from a garish, bright green to a shimmery, pale, ethereal, mossy colour. The addition of Platinum shifts the energy from quite a strong, base energy to a lighter, higher place. This Aura Quartz also has a rainbow effect, flashing in pinks, blues, golds and greens as it is moved under light. Moss Aura Quartz works with the Heart and Higher Heart chakras, allowing us to disconnect and cut ties with those from our past whom we no longer wish to be emotionally connected to. It is an Earth element crystal, emanating an energy that brings us closer to nature and elemental magic/energy. If you want to work from the heart, particularly on a spiritual level, this is an amazing crystal. On a physical level, Moss Aura Quartz is said to have a detoxing effect, clearing our energy system and loosening any blocks or old connections that may be lingering around. Due to this cleansing action, it is said to support a healthy immune system. Moss Aura Quartz enables us to come from a higher perspective, to view things with a bit of detachment so we can ascertain the best way forward for US and not feel selfish about it. It feels quite magical to work with.

Sunshine Aura: this type of Aura Quartz is a little harder to come by and is sometimes called Tangerine Aura. Sunshine Aura has been bonded with Iron. The pictures above show the perfect example of the original Sunshine/Tangerine Aura Quartz that is Orange and the more modern version which is Canary Yellow. The Canary Yellow has had Platinum added to the mix, which makes it three times the price of the Orange. Sunshine Aura has a beautiful energy that resonates strongly with our solar plexus. It encourages us to look at how we take responsibility for our own happiness instead of placing it on others. Sunshine Aura promotes self-confidence, good self-esteem, trust in ourselves and others and is a stone of joy, happiness and love of life. Sunshine Aura is inspiring, connecting us to our power of creativity and encouraging us to bring those ideas out into the open. I can’t help, but smile when working with Sunshine Aura. Pebbles of Sunshine Aura are great to keep on a pocket and take with us on a regular basis. Larger clusters can be used in manifestation grids or crystal body layouts. Place near the solar plexus or sacral chakra.

Sunset Aura: This is one of the newer Aura Quartzes, created by using Titanium and Silicon. Sunset Aura is, quite simply, amazing to work with on every single level. It contains such power, strength and supportive energies that motivate us onward! It is a sparkly, blended mix of deep yellow/gold/orange/rust/pink and red. When passed under light and moved back and forth, these colours sparkle, blend and intermingle, literally creating the

colours of a beautiful sunset. On a physical level, this crystal is said to aid the stomach, digestion, IBS and disease of the reproductive system. If there is past trauma that affected the Sacral or Solar Plexus chakra, then this is an excellent crystal to work with whilst healing and releasing those issues. Sunset Aura Quartz brings strength to the Sacral & Solar Plexus chakras, raising the energy from those centres up to open the heart & eventually to connect to the crown, bringing a rush of inspiration, creativity, passion and intuitive connection. It is an excellent crystal for building self-confidence, self-esteem and for manifesting our dreams. Mine is going to sit permanently in the manifestation/abundance area of the house and in any future crystal grids as the energy is knock out ☺ Sunset Aura Quartz also helps with trust issues, particularly when we're trying to clear these from our past in order to prevent them from harming our future. It aids our dealing with Self Sabotage and supports us in learning Self Love.

Flame Aura: another rare Aura Quartz. Flame Aura is bonded with Cobalt and although it may look quite similar to the Rainbow Aura above, there is a definite difference in both colour and energy. The blue of Flame Aura is a lot darker and more consistent than that found in Rainbow Aura and Cobalt creates a different energy to Titanium. Flame Aura releases old emotions that are holding us back & energy blocks that may later manifest into physical illness. Flame Aura is an ideal part of a crystal healer's crystal. It heightens our perceptive skills, allowing us to read other's clearly and without ego. An excellent tool for readers & spiritual workers. Keep on the table when reading, hold during meditation or place above the head during crystal healing ~ or on the area of energy blockage. Do not place this one by the bedside as it may cause quite vivid dreams or restless sleep.

Celestial Aura: extremely rare form of Aura Quartz, often known as Tanzine or Amethyst Aura. Celestial Aura is quartz bonded with Indium. Celestial Aura Quartz is a crystal of spiritual self-discovery. Celestial Aura works on the third eye and helps take us inward, to where we already know the answers to the questions we're asking. Celestial Aura allows us to hear & listen to our Higher Self with crystal clear clarity. Some of the other Aura Quartzes connect us to the Universe and other realms. Celestial Aura is all about ourselves and listening to our own intuition, with confidence and trust. Use in meditation, have it on the body or close by when doing spiritual work.

Ruby Aura: this is another incredible rare Aura Quartz. Ruby Aura is quartz bonded with Gold & Silver. The premium, high quality Ruby Aura is pictured above on the left hand side and the inferior, quite gaudy colour Ruby Aura is on the right. As Ruby Aura is bonded with a mixture of Gold & Silver, this can make it quite expensive, so I have a feeling the creators are trying to lower their costs and creating a bright red Aura Quartz, but it truly has little or no vibrational similarity to the premium, original Ruby Aura. Ruby Aura supports

the endocrine system and is a natural antibiotic for fungal infections. It resonates strongly with the base and sacral chakras, so is useful for strength, vitality and healing past issues of abuse. Ruby Aura is a protective stone, particularly against other people's anger, aggression or violence. Keep on the body for reasonable periods of time, if possible.

Rose Aura Quartz: this aura is incredibly rare as the main component used to obtain this shimmery, ethereal, pale pink colour is Platinum. On a physical level, Rose Aura Quartz is said to soothe inflammation and burns and bring the whole system back into balance right down to a cellular level. It is a hugely uplifting crystal, but doesn't overwhelm. Rose Aura Quartz stimulates the heart and pineal gland, dissolving feelings of self-doubt and self-criticism. It encourages self-love and learning that looking after oneself or putting oneself first on the odd occasion is not an act of selfishness, but a necessity for overall health and balance. Rose Aura Quartz is especially good for women at any time in their lives when hormones may be unbalanced (puberty, pregnancy, menopause etc). A very soothing, beautiful, supportive energy to work with, particularly for women who may have suffered abuse, rejection or trauma in relationships. It helps men in a similar way, keeping them in touch with their emotions and helping them to process them, rather than putting on a 'tough' outer appearance and suppressing their feelings.

Transformation Aura: this aura quartz is brand new to the market & does not appear in any of the crystal books yet and doesn't even have a name, nor will they confirm what metals have been used in the bonding. There is a small amount that has been created, but they won't be making any more as it is too expensive. After working with this crystal for a while, I have decided to call it Transformation Aura Quartz. It's the first Aura Quartz I've known to stimulate anything below the solar plexus and above into the etheric chakras. I feel a steady stream of energy flow in from above my head, down through the body and into the ground. It feels sparkly, exciting, fun and transformational. I'd use this crystal if I wanted to develop on a personal level and clear my auric field on a spiritual level ~ it's almost as if it is preparing us to shift/change/transform something integral. Sometimes growth can leave us feeling vulnerable or heavy – this Aura Quartz takes all of that away completely. If anyone else works with it and intuits/feels anything else, please do let me know. This Aura Quartz should be handled and meditated with as often as possible during times of change.

Universal Aura: like the Transformation Aura above, this is another new Aura Quartz that has no name & they won't confirm what metals have been used. There won't be any more made as it is too expensive, so at a guess, I'd think Platinum was involved in the mix. After working with this crystal for awhile, I have decided to call it Universal Aura Quartz. This Aura Quartz opened my

heart and then immediately connected to my third eye and crown, before I felt tingles shooting up above my head. This was followed by a beautiful feeling of being connected from my heart centre to all that is. I flew across the stars as wave after wave of energy poured through me. Every thought was from love, every piece of information was exactly right. I felt confident, with no self-doubt or fear and it also enabled me to channel perfectly! It is a dreamy, delightful, beautiful crystal and it is such a shame that they won't make any more as I believe the world could use it! Meditate with this crystal held in your hands, laid anywhere on the body, but in particular, lie down and place it directly above the head in the etheric chakras. Also excellent as the centre of a crystal grid.

Please drop me a line if there are any Aura Quartzes you'd like to see listed here. The above is the list of most of the commonly known Aura Quartz, but it is by no means exhaustive. The companies that create Aura Quartz play with different mixes of metals all the time, so there may be a new batch of colours hit the market for a short period. If you're drawn to one of these, snatch it up quick as these newer Auras usually have Platinum involved, which makes them hugely expensive so only small batches are made.

Chamonix Stone Crystal

Also known as scenic Quartz or Picture Quartz. Clear quartz with landscape inside.

Channelling Quartz Crystals

Recognized by a large seven sided face located in the centre front position of the terminated end of the crystal; a triangular face is located on the opposite (back) side of the crystal. It provides for a conscious connection to the higher wisdom which is available from the higher self and/or to the wisdom of experience and enlightenment which is available from the "other side". Channelling crystals can be used to bring forth light and love from the most truthful and knowledgeable portions of the self.

Chinese Quartz

These Chinese Quartz Crystals have lovely energy. They range from Yin to Yang to Yin/Yang in their formations and energy. These pieces of Chinese quartz are excellent for energy work or as use for boosting plant growth, even though they are damaged or have broken tips.

Chlorite Quartz

Chlorite is one of the most favourable healing stones. Worn, carried, placed within ones environment or in an elixir, the properties of Chlorite are overwhelmingly positive... brings the energy to enhance cooperation and stimulates one personal affinity with "All"... is a purifier.. useful for cleansing the aura, chakras and energy meridians... attacks anger, hostility, and exasperation,,, the use of Chlorite and Carnelian and Ruby crystals has been used to eliminate psychic attack and to assist earth bound spirits to leave... has been used to eliminate toxins from the body..

Cherry Quartz

Cherry Quartz has all the qualities of quartz and is also great for the heart chakra. Good for: Colds and Flu and infections. Excellent for burns. Said to be good for concentration so is an excellent choice for anyone studying for exams. Nice for anyone studying for exams, love and emotional balance

Chocolate Window Quartz

This is a new find of Quartz from China. Some pieces have an association of hematite. Metaphysically it can be used to " see into the illusions and or problem " and get right to the heart of the matter. Can be used much the same way as a "gazing ball" for divination. As many of the pieces have self-healed it is very useful for the same. You can see where during its growth pattern there have been breaks and then the regrowth. This energy will bring to the user the knowledge of how to get back onto the path of ones lost desires and dreams. Broken dreams can become real once again.

Cinabar Quartz

Cinnabar Quartz heals and purifies blood. It imparts strength and flexibility to the physical body, stabilizes weight and enhances fertility. Reputed to give wearer long life. Connected will all things physical, exercise and keep fit.

Citrine Quartz

Citrine is one of a very few stones that does not hold on to or accumulate negative energy, but dissipates and transmutes it., working out problems on both the physical and subtle levels. It hence, never needs clearing or cleansing.... the merchants stone; placing a cluster or crystal of citrine in one's cash box has produced more income for the merchant. It not only assists the merchant in acquiring wealth, but helps to maintain a state of wealth. It activates, opens and energizes the navel and solar plexus chakras directing via personal power creativity, and intelligent decisiveness, the energy necessary to enhance the physical body. It stimulates both mental focus and endurance.

Clear Quartz

Clear quartz crystal is the universal stone. Everyone should have one! It corresponds to all zodiac signs, and is a pure and powerful energy source. It receives, activates, stores, transmits, and amplifies energy. Stimulates brain functions and activates all levels of consciousness. Excellent for meditation. Brings harmony to the soul.

Clear Quartz (own collection)

Quartz Clusters

Crystals which have grown together, free-standing or on a sandstone base. To foster protection, cooperation, purification, harmony, friendship and intimacy; to break up negative energy in the environment.

Curved Quartz Crystals

Crystals which have a curved shape or which the sides are curved. Produced during the developmental stages, this is a rare occurrence. They emanate a gentle yet powerful energy and can be used to cleanse the aura, promote flexibility in one's attitude, and provide strength in decisions, among other things.

Devic Temple Crystals

Are Master Crystals that, if properly used, can provide a gateway through which Angels, Divas and other beings of light can enter the physical plane. Inside the crystal are rainbow inclusions of trapped air, water and gas that are called veils, foils and fairy frost. The crystal's external formation can also remind us of a temple with stairways and doorways. These crystal forms attract the higher dimensional beings of light who remind us of our own "extrasensory" powers of consciousness and our natural ability to connect with them. The harmonic vibration of these quartz allows the veils between the worlds to be lifted and spiritual energies can infiltrate into the surrounding environment.

Diamantina Quartz

Clear diamantina carries within it psychic serenity and celestial interaction. Cracked faces within a crystal are frequency points, as they change, so the frequency changes.

Dow Crystal

The Master crystal. A crystal with three, primary, seven-sided faces and three secondary triangular faces between them (737373). It is believed this crystal is a combination crystal that incorporates the properties of both a Channeler and a Transmitter crystal in one crystal. It helps facilitate intuitive awareness and connection with All That Is. It is considered one of the Twelve Master Crystals. The most symmetrical and balanced of all the crystals they combine the properties of both channelling and transmitter crystals as well as exhibiting their own. The ultimate crystal for balancing energies and therefore healing the physical, mental and emotional bodies. In addition they also combine the qualities of 3 and 7 perfectly and harmoniously. In looking at the qualities of these numbers we can receive much insight into understanding the potency of the geometry of crystals. Get a feel for the qualities of 3 and 7 from the following note. In music 7 notes span 3 octaves. 7 chakras. 7 colours of the rainbow. 7 crystal systems - hexagonal, rhombohedral, triclinic, monoclinic, orthorhombic, tetragonal and cubic.

Dream Quartz

Dream Quartz is a newly discovered quartz from Columbia with Epidote inclusions. Dream Quartz is conducive to and can assist in the states of deep meditation and lucid dreaming. These stones can bring peace to the heart and relaxation to the body and mind. Dream quartz can facilitate conscious contact with spirit guides, and can be an aid in the development of abilities and channelling.

Dream quartz will assist in remembering dreams. Dream quartz also allows one to more clearly envision and manifest ones dreams for the kind of life one wishes to create. Dream quartz will assist in remembering and understanding past life experiences.

Druzy Quartz Crystal

Drusy (pronounced 'DREW-zee') Druzy Quartz Crystals

Very small points which are described as "a myriad of very closely set tiny crystals". The Drusy Clusters consist of tiny crystal points in their very formation, and are encrusted on either sandstone or quartz based matrixes. We like to think of drusy crystals for people who want to encourage ideas or thought forms ready to spring forth and grow. Double Terminated Crystals These crystals have a point on each end. They have the capacity to both push and pull energy through their ends. By placing a double terminated crystal in between the chakras, they can then be used to move energy both upwards and downwards through the chakra column of the physical body.

Elestial Quartz

It is the "enchanted crystals", bringing with it the concepts of Shiva and the understanding that after transition from one phase of life or from the physical body the newness will be re-instilled. It provides the user with a hug from the wind in the willow., allowing for flow in change and actualization.... can be used to assist one in overcoming burdens, to bring the heart and the intellect into synchronicity...they stimulate the actualization of the conscious self... it servers to provide an entrance to information concerning the past, present, a and future of ones existence.. the Elestial contains the absolute and ultimate essential wisdom and

can provide fir transfer of insight to the physical intellect via the higher-self.....can be used to sustain and maintain during changes....

CRYSTALLINE SWITCHBOARD LINKING MULTIPLE DIMENSIONS ~ Robert Simmons, Book of Stones, says that keeping Elestial Quartz in your area is like having a radio tuned to the "Higher Self Channel" and they are like a crystalline switchboard linking multiple dimensions, times and levels of consciousness to one another! Elestials help to ground higher vibrations into the physical. Elestial Quartz is a very powerful stone. It can change energy in an area for several miles. It is a good stone for anyone dealing with abuse issues as it can pull in the vibration of cosmic love for you and lighten your heart, limiting sadness and grief. Smokey Quartz Elestials can also help break up karmic emotional bonds. This stone is good for astral traveling work and can attune you to the energy of the Akashic records. Smokey Quartz Elestials offer added protection against negative energy

TRAVEL TO ANGELIC REALMS ~ These Elestial Quartz Crystals appear to be a cross between Elestial Quartz and Herkimers 'Diamonds". Many of them exhibit a complex ingrown 'skeletal' formations found in certain types of Elestials. Naisha Ahsian says...they stimulate the third eye chakra area and can help access inner libraries of spiritual openings. The more complex the formation of openings and 'portals' in the crystal the more multi-faceted the interdimensional opening they offer. In addition, Robert Simmons says...The inter-dimensional qualities of these stones are quite pronounced. In meditation, one may use them to travel to the Angelic realms, as well as the domains of ones spirit guides. They can be very powerful tools for shamanic journeying and soul retrieval, allowing one to go back to the key moments in the life or lives of oneself or one’s client, in order to recover lost parts of the soul. Such work can facilitate profound healings, and those who do such work, or just wish to do so, are advised that Elestial Light keeper crystals can provide powerful 'medicine'. These stones are like crystalline switchboards linking multiple dimensions, times and levels of consciousness to one another. When one keeps an Elestial Crystal, most especially and Elestial Light keeper, in one’s environment, it is like having a radio in the room, tuned to the Higher Self Channel. These crystals constantly emanate vibrations that remind and re-connect us to the inner worlds of Spirit.

Amethyst Elestial Quartz

Rose Elestial Quartz

Empathic Crystals

They are ones which are chipped or damaged in some way. They promote understanding, compassion, kindness and empathy. They open and heal the hearts of those who have closed them while also protecting the open-hearted from too much pain.

Enhydro Quartz

This mineral can help one to put oneself in the shoes of another, and to recognize and understand the true feelings of that person.... The Enhydro assists in metamorphosis and continued change throughout all times, it provide for concentrated determination of both the acceleration and the ease of reformation of self.....In Healing, it is useful to have an Enhydro available; it assists in bringing the body to the state or specified condition that one is attempting to attain

This is quartz crystal that has movable bubbles inside which are water-filled chambers called enhydros.

In detail

Enhydro Quartz is quartz, or sometimes Agate, that contains bubbles of water that got trapped inside the crystal as it grew. The most prized Enhydro's are those that contain moving bubbles, where there is an air pocket in the crystal and a little bubble of water can be moved up and down within the pocket ~ it looks like the water bubble on a spirit level. Other Enhydro's have water bubbles in them that are static and do not move, but they are just as rare and amazing.

Enhydro Quartz is one of the few crystals that can be energetically charged by the energy & magnetism of the moon. Many people put their crystals out under the light of a full moon for a 'moon bath'. The moon affects water, people are made of 70% water and therefore the moon affects us all. The moon creates heightened emotion and energy within people, which is released at its peak during a full moon. It is this energy that our crystals absorb when we set them out to 'charge' under a full moon, not the energy of the moon directly. However, Enhydro crystals are actually affected and charged by the moon itself as they contain water, which is awesome!

All crystals should be cleansed and charged in sunlight on a regular basis. With Enhydro's, this should be in mild direct sunlight or even indirect sunlight for ten minutes at most. Do not place an Enhydro in direct, really hot sunlight as it can cause the water in the crystal to expand and then crack the crystal or in some dramatic cases, cause the crystal to explode ~ and nobody wants that! So gently in the sunlight with Enhydro crystals for a short period of time only. Or try charging them under the moon, via a copper plate, on a crystal cluster bed or with sound.

Some Enhydros can be found in China, but the absolute best and purest specimens come from Madagascar or the Brandberg Mountain range in South Africa. These crystals contain water that is 133million years old! The clarity and energy of these crystals is amazing and personally one of the most jaw-dropping crystals I have ever come across to both look at and use.

Enhydro crystals are best used to heal or work through emotional issues and to effect change in our lives. They encourage us to be compassionate, to see another's side of the story in order to understand both our own part & the part of the other in issues (as it always takes two!). If you are drawn to an Enhydro, it is a signal that there are emotions that need to come forth and be released or old childhood or relationship issues that are ready to be healed.

Carry the Enhydro with you on a consistent basis whilst you deal with whatever the issue is. Meditating with an Enhydro can bring forth valuable information about ourselves and lessons on how we give up, shut down, are too protective over or too giving of our power. Working with an Enhydro quartz will most definitely bring us back into balance. I wouldn’t recommend sleeping with an Enhydro however, as they can bring a lot of suppressed emotions forth in our dreams, which will cause disrupted sleep.

Epidote Quartz

Epidote ..can provide for increase in that to which one attunes it... This short but clear statement shows that Epidote is truly a stone to experience in all aspects of one's life..... it dispels critical-ness, enhances keen perception, stimulates participation and interaction, and supplements personal power....can be used as an elixir for softening the skin...used in treatment of disorders associated with the nervous system, brain and thyroid.

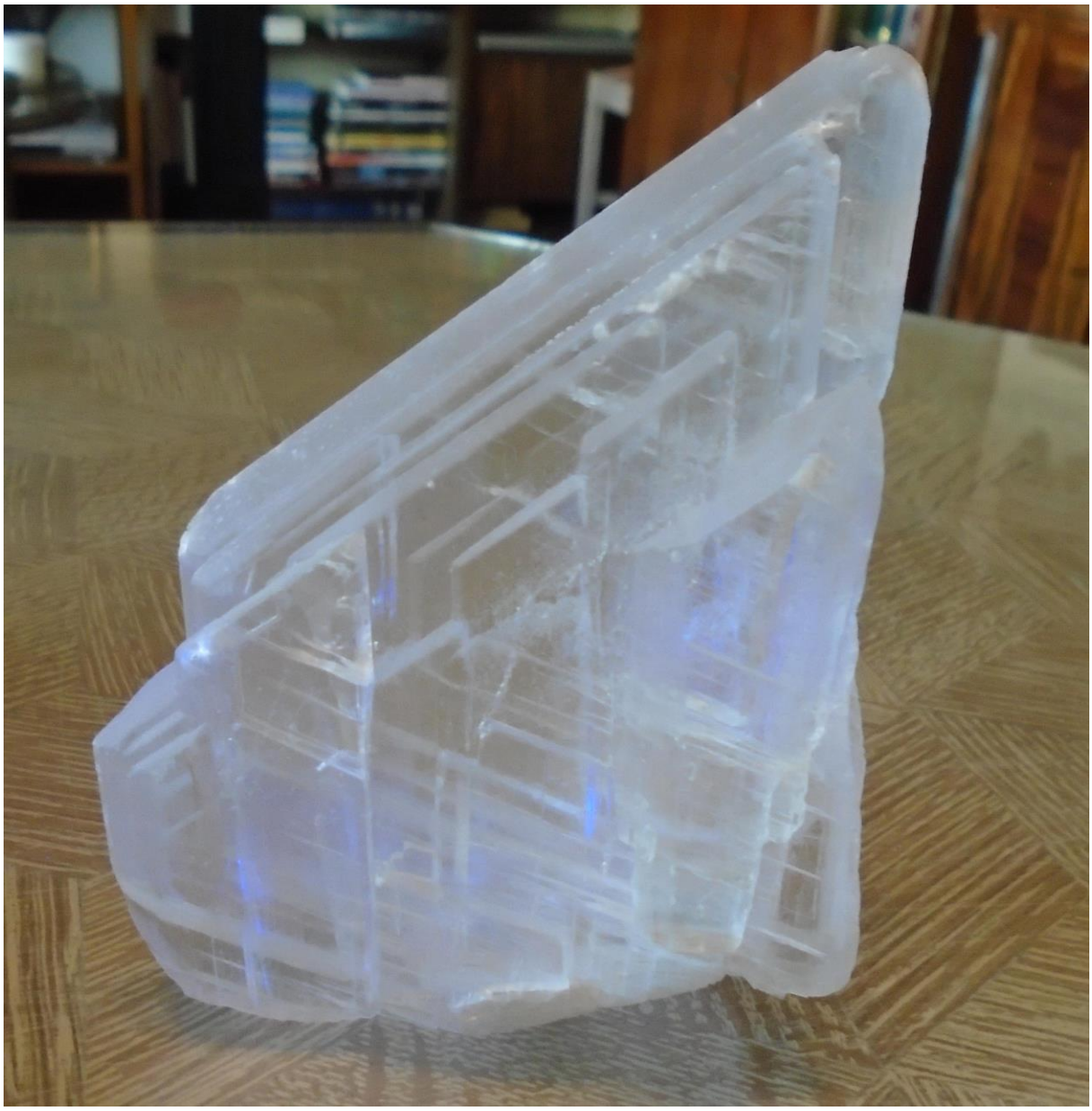
Extra Terrestrial Crystal (for info only)

A crystal with a single termination at one end and multiple terminations at the other end. It is believed this crystal will help channel space beings, celestial beings and guardian angels.

Fadden Quartz

Fadden Quartz is known by the "string" or "thread" that is seen perpendicular to the growth of the crystal. From Love is In The Earth: The Fadden crystal is one of connection, stimulation and furthering connective forces between the self and

that which is chosen as the recipient. It is also a stone for the exploration of the parallel dimensions of one’s reality. It strengthens the "silver cord" and produces an energy which both promotes and protects one during flight. This crystal facilitates the attunement between the self and another, similar to the action produced by the Herkimer Diamond. It assists in producing and maintaining the ethereal connection which one has with another (on any planes, in all dimensions) These Healing Crystals are required for all of the Melody Training.



Fadden Quartz (private collection)

Fairy Frost Quartz Crystals

Metaphysical Properties Lore: Touched by fairies, that's the feeling these crystals have. This touch brings energies of communication, with nature, nature spirits, and spirits of the elements, for learning from these beings. Fairy Frost Crystals can also help us be closer to nature and to care for Mother Earth and the natural world around us. These crystals can promote universal love and open hearts.

Fertility Quartz

Sceptres "were used in Atlantis and Lemuria in healing ceremonies and were a symbol of the power of the realm; those who carried or wore a sceptre crystal in the position of 'high priest/priestess'.... It is an excellent configuration for transmission of directional energy. Also to enhance fertility.

Fire Quartz

Fire Quartz provides a beautiful dancing energy which when activated stimulates the energy flow on all levels. ... can be used to stimulate the base chakra and to provide for a direct pathway between the base chakra and the heart. ... activates all the qualities of the base chakra, the heart chakra and the crown chakra and provides physical energy and vitality to the physical body.... stimulates healing qualities of the heart and associated attributes of loving consciousness... has been used to transverse the gap between the physical world and the spiritual world, and can help one to understand transitions.

Fire Harlequin Quartz

It is a quartz containing red dots or strings of lepidocrocite. It provides a beautiful "dancing" energy, which when activated, stimulates the energy flow on all levels. It can be used to stimulate the base chakra and to provide for a direct pathway between the base chakra, and the heart chakra; it can hence be used to direct and to intensify natural proclivities. It activates all of the qualities of the base chakra, the heart chakra, and the crown chakra, and provides physical energy and vitality to the physical body. It further stimulates the healing qualities of the heart and the associated attributes of loving consciousness. It can also be used to balance the polarity of one’s body with the higher bodies and to open and balance the meridians of the physical body, stimulating alignment of the physical and ethereal nervous systems. It has been used to traverse the gap between the physical world and the spiritual world, and can help one to understand transitions. It can be used in the treatment of disorders related to the blood, veins, mental acuity, memory, intravascular coagulation of the blood in the circulatory system, imbalances in the thyroid, and atrophy if the thymus. It has also been used in the treatment of depression, despondency, and to activate the will to progress.

Lepidocrosite Quartz

This is, we already know, a fantastic crystal that will help access the healing abilities from within and the hematite will assist in grounding and calming. VIBRATION OF LOVE ~ AIDS SELF-LOVE ~ HEART CHAKRA STONE~ Lepidocrocite carries the vibration of LOVE, opens the heart chakra and aids in self-love. It can be used to work on the emotional body and helps in healing old wounds. Lepidocrocite is a powerful energy balancer and healer. It also assists with processing grief, relieving depression and release of self-destructive patterns. It can heal holes in the auric field which have been caused by chemical abuse or by negative attachments or entities. It strengthens your natural psychic protection shield. Lepidocrocite facilitates communication of various types such as verbal, telepathic, emotional. It enhances sending and receiving messages. This stone also strengthens your natural energy shield and surrounds you in a protection cocoon of gold and white light. Only energies for your highest good are allowed through.

Rainbow Flame Aura Quartz

Flame Aura Quartz have been enhanced with a combination of Titanium and Niobium.... assists greatly in meditation and has stimulated the movement of the Kundalini to the crown chakra... brings a violet or golden ray to the aura. Carrying the mineral has assisted in "reading" people.

Generator Quartz Crystals

Generator Quartz is the name given to a natural Quartz point in which the terminating point derives from six equally sized sides. Natural Generator Quartz

points are relatively rare, although cut and polished points have similar properties. Clear Generator points are termed Male, and Generator points with a cloudy termination are termed Female (see Female Quartz for description). Generator Quartz are powerful magnifiers of energy, and are the second tool of a crystal healers collection. Generator Quartz facilitate the cleansing and balancing of the chakra, focuses and intensifies healing intent. Generator Quartz amplifies group healing intent, humanity healing and Earth healing.

Golden Aura Quartz

Golden Aura Quartz is another new treated stone that is brand new as of fall 2005. It is similar in colour to the finest gems of Imperial Topaz , having sparkling shades of gold, orange and pink.

Golden Healer Quartz

For those with psychic leanings, hold in the left hand to increase receiving and in the right hand to increase transmission, or hold it in both hands to optimize both. It can be worn on the body, over the third eye or held in the psychic's hands.

Green Quartz

Intuitive sources say that Siberian Green Quartz can help to clear and heal the heart and emotions, to access the vibration of love, and to create prosperity and abundance. It is said to be a 'lucky' stone, especially in matters of love, health and money. Siberian Green Quartz is a laboratory-grown crystal which is made in Russia. It is created by a process in which natural quartz is broken down and

re-grown with chemicals which are the source of the new colour. Its hardness is about 6.5 to 7. Including Green Tourmalinated Quartz, Green Line Quartz

Known as the healers stone Rare quartz Golden Healer A quartz crystal which is partially or totally covered with a transparent golden-yellow mineral. This has been used to assist one in attaining and maintaining contact with the spiritual worlds and to incite healing on all levels. It is an excellent stone for use in all healing situations and promotes the recognition of methods and techniques which will further recovery from all disorders.

Green quartz

Growth Interface Quartz

Growth Interference Quartz is an amazing Quartz crystal, which has the appearance of being carved with a trim-saw. It is made up from Quartz crystals, which have shared their growing expanse with very thin flat Calcite crystals of the type named ‘paper spar’. The growth interference appears to have occurred during the end of the growth cycle of the long, thin, clear Quartz crystals. The Calcite crystals were sub-parallel during growth and developed at an angle to the lower prism faces of the Quartz crystal. The result is a series of slightly indented lines carving the prismatic faces. This configuration has been used to bring access to the astral, ethereal and higher planes, in order that you may remove barriers and understand the patience of stepwise progression. It can assist in proceeding through traumas and through changes with ease – promoting the understanding of the trauma and the bases for change. It further allows the knowledge that the end of each journey, each experience, and each incident is the beginning of a new delight. It has been used to align the physical body with the subtle bodies and to bring an electro-magnetic alignment to the energy fields of the body. It can also be used in the removal of energy blockages; when carried or worn upon the body, the chakras are aligned automatically and the Kundalini is activated. The energy of the Growth Interference Quartz Crystal has been applied to facilitate understanding of our emerging culture in order to reveal ones ultimate destiny. It brings information concerning your increasing vibratory rate with respect to spiritual evolution and demonstrates the method of giving energy to others while constantly allowing for the energy to be replenished by the energy of the Universe. The mineral truly facilitates your connection with the perception and understanding that we are beings of light, with access to a perpetual and continuous source of energy. This mineral also assists in the removal of doubts – your doubts are recognized and ejected through conscious understanding that you can accomplish anything if you truly have the desire to do so and if you remove self-limitations. This Growth Interference Quartz truly places you in the situation of being ‘completely in command’ of your life. The energy serves to bring you a universal protective force and acts to stimulate the knowledge of any impending danger. It has been used to remove physical blockages within the body, to promote the healing of cuts and abrasions, and to provide information concerning the most positive way for rejuvenation and recovery from any disorder.

Haematoid Quartz

Haematoid Quartz is a powerful grounding crystal, drawing ‘chaotic’ and stray energies down into the root chakra and can assist in balancing polarized opposites of emotion and thought. Haematoid Quartz assists one accept and integrate the shadow self, can be used to manifest dreams into physical reality, transforms negativity into tranquillity and clarity.

Is from Brazil, is sometimes called Strawberry Quartz although that term is used with many other kinds of Quartz from other locations. This stone has Hematite which causes the red-pink inclusions. It is a great energizer for stimulating the chakras.

Herkimer Diamond Quartz

From Love Is In The Earth by Melody: ...helps one to begin again in this lifetime,,, assists one in clearing the body-mind system of unconscious fears and repressions, allowing for total relaxation and expansion of the life energy. .. known as a stone of attunement.... stimulates clairvoyant and clairaudient abilities

Himalayan Quartz

These have been used to bring access to the astral, ethereal, and higher planes in order that one may remove barriers and may understand the patience of step-wise progression. It can assist one in proceeding through traumas and through changes with ease- promoting the understanding of the trauma and the basis for change.. it further allows the knowledge that the end of each journey, each experience, and each incident is the beginning of a new delight....Growth Interference Quartz has been applied to facilitate understanding of our emerging

culture in order to relay ones ultimate destiny.... facilitates ones connection with the perception and understanding that we are brings of light, with access to an perpetual and continuous source of energy.... also assists in the removal of doubts... truly places one in the situation of being completely in command of one's life... has been used by children to protect from physical harm during childhood... used to promote healing of cuts and abrasions and mend incisions after surgery.

Hollandite in Star Quartz

This quartz assists us and reminds us that there are no limits! We are all stars that have fallen to earth.. and sometimes have forgotten why we came here. This quartz helps us to remember the big picture... that the outcome is the correct outcome no matter what it is. It helps us to remember we are born innocent and that that innocence is our pure self. Reach for the stars.. for they are already here ... they are we! Known as the warrior stone for people like soldiers, policemen & fireman or persons who deal with dangerous or stressful situations or occupations

The black star in these crystals are Hollandite inclusions and this type of crystal is VERY RARE! This is a great stone for those who need to remember to 'reach for the stars' or to reach you full potential. Also reminds you that you already are a star, a reminder of your importance in this universe!

Where Is It From? Hollandite Quartz Meaning

The meaning of its name relates to a man named T H Holland, who was the director of the Geological survey of India, in the period around 1906 when it was discovered.

Star Hollandite Quartz is quartz crystal that has tiny stars of Hollandite included in clear quartz crystal. It is also known as Star Quartz or sometimes Black Star Quartz, because of the colour of these tiny stars or miniature black spider like inclusions in the stone.

These tiny star inclusions in the quartz are known as Hollandite. They comprise a mixture of barium oxide with other minerals including magnesium, and it is said Goethite. Although they were discovered in India, the main place where they have since been found is in Madagascar.

Black Star Quartz

Hollandite is found in a number of countries and is related to where manganese is mined, but it needs barium to also be present to create Hollandite.

Yet it seems that the process where the Hollandite becomes embodied in the quartz and as a result of high temperatures forms these lovely stars is fairly unusual.

Up till now they have only been found in India and Madagascar, so until they are found elsewhere they may be less easy to obtain. In the past this crystal was known as spider quartz.

Some pieces of this stone have only tiny greyish dots rather than visible stars, yet other pieces of this crystal have quite visible grey or black stars in them.

Like many crystals, one of the ways to use this crystal is to do a crystal meditation.

Generally quartz crystals are powerful to use to meditate with, because they can be programmed, which can help you to achieve a specific outcome from your meditation.

Exquisite Crystals

To help you to bring a desirable opportunity or circumstance into your life, it may be beneficial to learn how to program your crystal.

Hollandite Quartz is excellent to use to meditate with, especially if you are aware that you have had a past life in ancient Egypt or Atlantis.

It is also said that it may aid walk-ins or star seed beings to adjust to the energy of the earth.

During meditation you may make contact with archetypal star beings, and spirit beings that may guide you to remember past events in these areas. This may help you with dissolving any karma that you may have not yet released, that is associated with past life events. In whatever you want to achieve, remember you are the creator only (no one else but the human).

Imprints Quartz Crystals

Imprints left on the surfaces or facets of a crystal, where they grew in close proximity to another crystal. The imprints show how something is affected by outside influences, thereby changing the shape or form of the original structure, but the original structure adapts to its environment to allow for growth and change, while still maintaining its basic inherent truth and beauty.

Included Quartz

Included Quartz will have the properties of the specific quartz; i.e.: Smokey, Clear or Citrine and of the inclusion. For instance, a Citrine that has a chlorite inclusion will have the properties of both the Citrine and Chlorite. Other inclusions may be phantoms or other crystals penetrating into the crystal.

Included or Inclusions Quartz

When one is attracted to and uses included quartz, the quartz inclusion will work with the person to provide the further nourishment and qualities required. Usually the chlorite and hematite included quartz provide the most powerful healing-type of included quartz.

Indicolite Quartz

Indicolite Quartz specimens work especially well with the Throat, Third Eye and Crown Chakras, allowing for enhancement of intuition and clarity of communication. The combination of Indicolite (blue tourmaline) and clear quartz helps to amplify the wondrous qualities of blue tourmaline and combine it with the versatile quality of quartz.

Extremely popular metaphysically, Clear Quartz is known as the "Master Healer", with its very high vibration, and is the most versatile healing stone among the crystals. Clear Quartz is said to protect against negativity, attune to your higher self, and relieve pain.

Isis Quartz Crystal

Has a five sided point to put you in touch with and help you strongly amplify your feminine energy. They put you in touch with the power of the Goddess. This is a helpful crystal for both men and women.

Key Quartz Crystal

Is recognized by a three or six-sided indented shape located on the crystal. The indent becomes narrower as it goes within the crystal, and ends within the crystal, usually in an apex termination. It is used to unlock the "doors" to healing concepts and to those aspects of the self which tend to be illusive. It further helps to answer questions like - why can't I..

Kundalini Quartz

It comes from the Congo in Africa. It is a quartz crystal with a smoky quartz phantom with hematite inclusions. Kundalini can be defined as the potential energy stored in the nerve centre at the base of the spine. It is also said to be an individual's experience of the universal creative energy. These Black Phantom Quartz are called Kundalini Quartz because of their ability to raise one's energy level from the base chakra (1st) through the crown chakra (7th) and above. The hematite grounds, the smoky quartz balances and moves primal energies in the body, and the quartz transmits and amplifies energy. Raising the Kundalini will lead one to a more spiritual, less ego-centred life. See also Citrine.

Laser Quartz

Laser Quartz is recognized as a long slender crystal with small faces compromising the termination. The available energy of the laser crystal is extremely well focused through the small termination. It can be used to clear an area of negative energy.

A Laser wand focuses and accelerates the energy passing through it into a tight beam. Laser Points can stimulate acupuncture points Laser Quartz provide protection of the Aura and can remove negative energy blockages.

Laser Quartz Wands Crystals

Laser crystals have long bodies, with balanced terminations. If viewed pointed end on, you will see that the apex of the point is in the exact centre. They are used to transmit very concentrated beams of energy into any area where energy is needed. You can also use these crystals to sew up holes in the human aura, just as you would darn a sock. Many people have holes in their auras through electrical interference, the ingestion of prescribed or illicit substances etc. The result of these holes is that the energy charge of the person is leaked away, like water through the holes in a bucket. These holes can also be used by energy thought forms, or other lower dimensional beings, to gain access and attach themselves energetically to the person. These lower energies will then transmit their own energies of fear and emotional imbalance into the system of their host. Laser crystals are also ideal for joining up the crystals within a crystal mandala.

Law Twin Quartz Crystals

Has been used to stimulate the synthesis of the perfection of the subtle bodies to the state of the physical body. Also used to dissipate and to transmute deviations, working out problems on both the physical and subtle levels.

Excellent for clearing the aura and for aligning the auric body with the physical structure. Stabilizes emotions, to dispel anger, and to encourage one to "expect a miracle" among other qualities.

Lemurian Seed Crystals (1)

Lemurian Seed Crystals are crystals that are reputed to have been left by the Lemurians, an advanced ancient civilization, to teach and guide us in this time. These crystals are said to have been programmed with conscious connection and love. Lemurians hold and transmit messages of unconditional love, equality, and spiritual teachings. They are also great for dream work and dream interpretation. Lemurians have a very Yin or feminine energy, and for all their power are more gentle-feeling energetically than Yang/masculine crystals. They are very powerful tools for meditation and for healing on all levels. They are excellent for clearing and balancing all chakras.

This information is from Katrina Raphaell and was reprinted from The Crystal Buzz International Newsletter, Issue 12. The Lemurian Seed Crystals are mined in Brazil. They were found at the top of a hill that was being strip-mined for Quartz. These naturally formed generators were found separately in sand and were not attached to clusters. They immediately got attention because they were not like the rest of the Quartz found in clusters in that area. Some, but not all of them, carry a pink to reddish glow. These unique crystals are Clear Quartz but instead of shiny, they appear frosted or dull, like they have a matte finish. Their most unique characteristic is a series of horizontal striations that run up one or more of the sides of the crystal. Usually, these distinct horizontal striations end in a triangular face, forming the apex of the crystal. ~ ~ Katrina goes on to say...Having waited for over a month to receive information about these crystals by the time we finally sat down to meditate with them the first sense I received was that of a powerful group of beings that were ready and waiting to align with the human mind. There was a sense of urgency and I felt that this was the first time a group of humans had consciously aligned with them to receive information. Through the insight of others in the group we came to understand that these beings existed on the earth plane before the time of Lemuria and were part of the natural seeding of star systems. It was during the last days of Lemuria that these crystals were planted within the earth with their specialized purpose. ~~ We came to understand that these "seed" crystals were not programmed with specific information but were rather placed in the rich earth where crystalline growth was expected to form in the coming millennia. These crystals were programmed to transmit frequencies to other crystals that were being created throughout time. A big part of what they relay is the sense of oneness, of unity, of every individual part being equal and no better than any other part and the necessity for love in order to evolve. ~~ It is believed that the race of Lemurians, having seeded our world, left the earth plane for other star systems when life on the surface of the planet could no longer be sustained. However, many of the Lemurians also went into the dimension of inner earth. It is from within that domain that they still care for the earth and are responsible for these crystals surfacing now.

Lemurian Seed Crystals (2)

Are said to contain records of the time of Lemuria which we are now beginning to access. It is said that these crystals were planted on the earth by beings from the Pleiades star system to attract their souls to reincarnate on this planet. The Lemurian civilization was fostered by the beings of the Pleiades. The Lemurian Seed Crystals carry memories of their civilization. These crystals are said to have been 'planted' to await their discovery of those that are prepared and able to access the incredible wisdom within. Energetically, these crystals transmit a sense of oneness, unity and the necessity for love in order to evolve. These crystals have been encoded with the knowledge of the healing systems, culture and spirituality of Lemuria. When one is able to receive this information, the appropriate crystal will make itself known to you. To access the information, in a meditative state gently rub the time lines, all the while remaining open and paying close attention to your thoughts, flashes of insight, pictures, feelings and sounds that come forth. They have a very yin energy and they contain & transmit messages of equality and unconditional love from ancient advanced civilizations. A big part of what they relay is the sense of oneness, of unity, of every individual part being equal and no better than any other part and the necessity for love in order to evolve. They are also energy grid links from the Earth to the Stars and other dimensions, excellent for chakra clearing & balancing and they are excellent for dream work - go to sleep holding one. One may also use these crystals to 'travel', via intent, to the time of Lemuria to access the teachings, knowledge and wisdom to bring forth for use in this time. The time lines and etchings indicate the records of experiences 'they have seen' with respect to the healing methodology. They can be recognized by their alternating ruff than smoothness of their six sides. They appear polished but are not and are very clear. They can have a light pink colour.

Lightbrary Quartz

The term Lightbrary translates to "Libraries of Light" It can be recognized by the appearance of one main terminated point with other smaller castling terminations growing out from the main point. It is one crystal, growing and terminating as many crystals. This configuration has the appearance of a crystal castle. The Lightbraries can contain the sacred 'akashic' knowledge written in

the language of light and they remind us of the crystalline cities and temples of Lemuria and Atlantis. They act as energy conduits through which the universal masters can relay specific information that is pertinent to humanity at this time in our evolution. The double spiralling that occurs during the crystal's growth makes this powerful tool extremely sensitive to receiving universal frequencies and human thought forms simultaneously, refining the essence of universal knowledge and converting it into messages that the human mind is capable of comprehending.

Lightning Strike Quartz

Please note that encountering a "Lightning" Quartz is similar in rarity to encountering a Manifestation Crystal ..This formation is a "Grand Formations" which can be used in surviving Earth Changes and has been used to assist one in the recovery from shocks and traumas. It acts as a holophote, both focusing and transferring the light energy in the required direction. It has also been used to bring the energy of love like a lightning bolt. Lightning quartz has been used to support swiftness in breaking the shackles of fear and dominion....Lightning quartz has been used to assist in the removal/relocation of poltergeists and spirits who are experiencing difficulty in the transition from the physical world to the spiritual world. It provides the message to "go to the light" in an expedient and rapid manner. In addition to the Lemurian information which they have been reported to contain, they also contain and easily accessible knowledge of the healing techniques from other planetary worlds. This information is thought to have been transferred to the crystal by legendary extra-terrestrial healers who are on-board ships in the select area of Minas Gerais; the transfer being accomplished with the energy of the lightning and during the progressive storms which are subsequent to same. the crystal has also exhibited speed during the facilitation of healing and in the advancement of contact with the extra-terrestrials.

Lithium Quartz

This is amazing quartz for the calming and meditative ability. Lithium is a well know medicine for mental disorders due to its calming and balancing of the brain and emotions.

Healing and Balancing Stone ~ Lithium Quartz is a super high energy healing and balancing stone. It is self-clearing and self-cleansing. Lithium quartz sends and receives energy as well as storing it. Lithium quartz is balancing and calming, and is used in crystal healing as a natural anti-depressant. Emotionally and other ways, lithium quartz is said to relieve stress, anxiety, and tension, bringing relaxation and peace. It works in a gentle and slow but steady and powerful manner, not causing the discomfort of sudden change that some crystals might at times. Lithium quartz is excellent for meditation and prayer. It is used to heal repressed grief and anger, as well as emotional issues from past lives. It is also said to purify water. Physically, lithium quartz is used in crystal healing for stress related disorders, depression, muscular tension, repetitive motion injuries. Lithium quartz is related to activating and balancing all chakras and is handy to work with any individual chakra also.

Like all Lithium and Lepidolite specimens this one has wonderful healing qualities. This is no surprise to metaphysical healers who have known about Lithium for years. Like Lepidolite, Lithium Quartz is a powerful healing tool, that can calm those who are overwrought, keep nightmares at bay and ease tension and stress. Because the Lithium is married to Quartz in these specimens, it brings us the additional qualities of harmony, balance and connection to nature. It is essential to the health of every cell in our being! It's energy is thorough, soothing and essential. It seeks to calm so we may open doorways to our personal sacred truths. Lithium then assists us into the shift of living these truths. It is electrical and has both right and left polarity which strengthens our energy field. It is a wonderful meditation stone carrying us calmly into deep states. For those who are particularly sensitive to energy or are resistant to

stronger healing stones, Lithium Quartz will provide and gentle, cleaning and opening energy that will not be upsetting. It works at the heart chakra and at the third eye to connect mind and spirit and allow us to 'feel' our emotions.

Manifestation Quartz

The Manifestation quartz is recognized be a small crystal totally enclosed within a larger crystals. These crystal are quite rare. One must clear any feelings of ambivalence and inner turmoil prior to using this crystal....These crystals can be used to facilitate artistic creativity, creative thinking, agricultural pursuits, and to increase or decrease any aspect of one’s life....

Another Manifestation Quartz

Merlin Generator Points

Excellent quality crystal points with a centrally located point (the facets on the point or tip are equidistant from one another, desirable for generators or wand making). They foster wisdom, focus, magical power and the wisdom to use the crystal in a proper manner.

Manifestation Quartz Crystal

The Manifestation crystal is recognized by a small crystal totally enclosed within a larger crystal, and they are very rare. The use of the manifestation crystal requires the inner knowledge that one is a clear and perfect channel, that a pure white light provides the guiding way, and that the purity of the Divine is within the inner self. They can also be used to facilitate artistic creativity, creative thinking, agricultural pursuits, and to increase or decrease any aspect of one's life.

Melody's Stone

Also known as a super seven crystal, often referred to as "Melody's Stone", is a combination of amethyst, smoky quartz, clear quartz, lepidocrocite, goethite, rutile, and Cacoxenite. (Hold these beauties up to the light and look at them through a loupe for an awesome view of this combination!) Areas of the seven minerals may be zoned within smaller segments of this stone, yet these smaller segments will contain all of the energies of the total configuration, even if each mineral is not exhibited separately. Super seven crystals are said to enhance psychic abilities, promote peace and harmony and to be excellent healing crystals.

Metamorphosis Quartz

It has been used to automatically increase the range, clarity and strength of ones aura.. it also has assisted one in seeing the aura of others...This Mineral is known as "THE stone of transformation", supporting the amplification of energy required for same... it is truly a mineral to assist one in initiating and in persisting in changes, further supporting one during the process... has been used to assist one in intimacy... the mineral is one for healing the self, on all levels

Muscovite with Quartz

This minerals also stimulates the heart chakra and allows the layers of insecurities and uncertainties to disperse...It can be used to lesson self-doubt. to promote the acts of looking o the past for lessons which truly have been assimilated... the energy of Muscovite brings quick thinking, succinct and concise expression of ones feeling, and comfort in the exploration of any type of emotional pain which exists within the self.... strengthens the intuitive process... activates an awareness of the higher-self.

Nirvana Quartz

Enlightenment ~ According to Heaven and Earth these crystals came from the Himalaya Mountains and were recently found at elevations over 18,000 feet. The crystals resemble jagged ice sheet and are irregularly formed with deep recesses. They do not exhibit regular six sided bodies and terminations. The Ice crystals tend to be wand like or thick and stubby and are pink or white. Pink is associated more with feminine energy and the heart charka and the white ones with male energy and the third eye. Robert Simmons says they resonate at the intersection of past and future time. Their mission is to attune us to the not yet formed potential of what can be.

The word Nirvana connotes enlighten, which both reveals and obscures what the crystals offer. They can be conduits for currents of profound inner illumination, yet this awakening is not an ascension out of the world. It is the incarnation of enlightenment here and now, in the body and on the Earth.

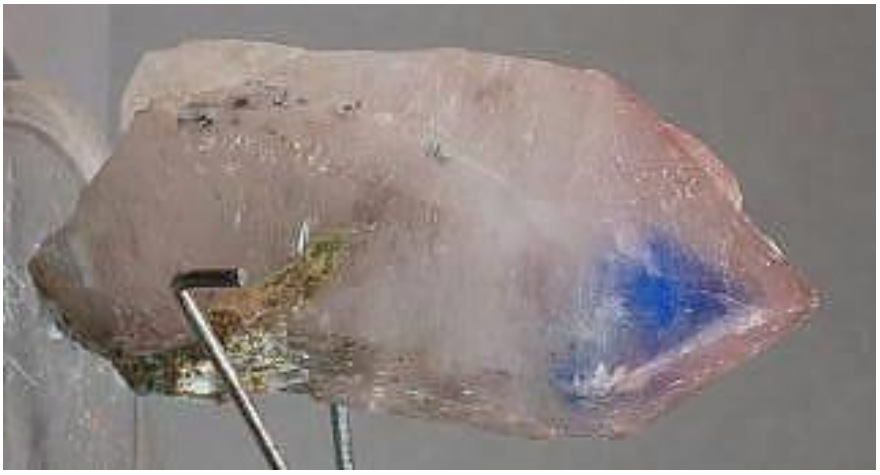
Olive Quartz

Olive Quartz carry all the same energies of Clear Quartz, with a little extra. The extra energies that are discovered in these Olive Quartz (Green-Gold Quartz) Crystals are those that connect with the Heart and Solar-Plexus Chakras. The special vibrations of these Quartz can bring physical, emotional, and spiritual healing. Meditating with these crystals can open the Heart Chakra to receive knowledge and inspiration from higher consciousness, and which will in turn be backed up with powerful, creative energies of the Solar-Plexus Chakra. Those who are having trouble determining their purpose in life will enjoy working with these unique crystals and their special energy.

Opal Aura Quartz (In Mythology : Angel Aura)

Opal Aura (opalescent) quartz crystals are clear/cloudy quartz crystals which have been enhanced with pure platinum; the molecules of the platinum, adhere to the natural electric charge which surrounds the quartz crystal, and are not removed by rubbing or scraping.... these crystals combine both the properties of quartz and platinum to produce a very intense energy... in addition, this crystal form also cleans the aura and acts to stimulate and to cleanse all chakras.

Papagoite Quartz



The mineral emits a gentle and tranquilizing energy, useful for clearing and opening the throat chakra and the third eye. It assists one in speaking with love and clarity, bringing smoothness to the verbalization of that which is in the mind..... Papagoite provides for an optimistic and broad minded outlook.... can be used to release carefully restrained inhibitions, transforming those limitations to expressions of pleasure.... Used in meditation, Papagoite can assist one in the attainment of a state of extreme beauty and delight.... Papagoite is also quite useful in strengthening the bonding of relationships.. The use of the Papagoite and Quartz combination for manifestation is recommended only if one is willing accept and rejoice in that which is fancied.

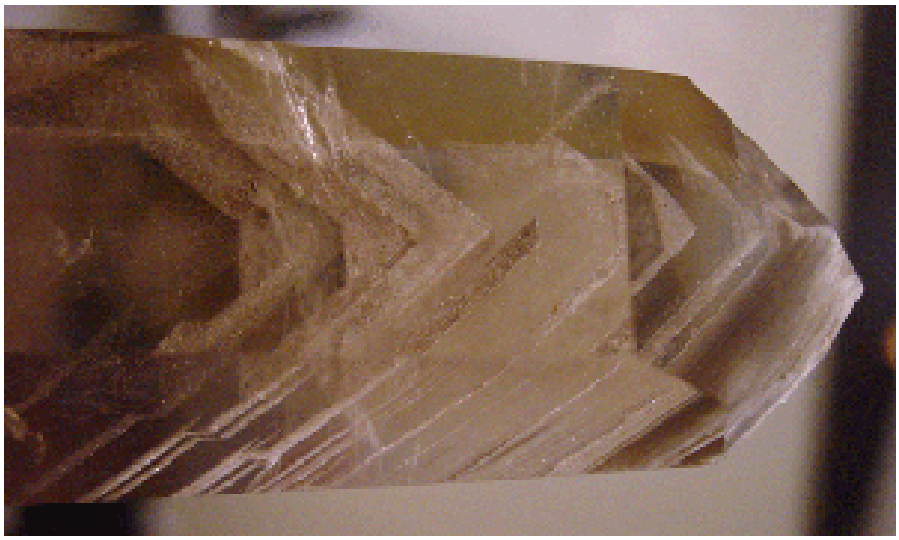
Penetrator Quartz

It assists one in getting to the root of the problem. It helps one to move into the centre of the activity to which one is determined to move into. It eliminates the blocks to what seems insurmountable and too hard to accomplish. It allows us to move into difficult situations with grace and ease.

Phantom Quartz (1)

It is one of the stones to be used for the redemption and cleansing of the earth. the phantom works to bring together the participants of humanity to save the planet.. specimens are excellent sources of initiating of the healing.. can also be used to access the records of ones progression through past lives. HELPS ALLEVIATE GRIEF AND FEELINGS OF LOSS ~ A crystal that grows over another crystal is called a Phantom. This is a Shaman stone. Helps alleviate grief and feelings of loss. This is an excellent stone to remind you that you can grow beyond your expectations and that you are protected. Promotes courage, good to work with fear & patience issues, addictions, fear of personal power. Stimulates creativity and growth and helps with emotional traumas.

Phantom Quartz (2)



The Phantom crystal is comprised of a white or coloured material and may be partial or complete. The phantoms within a crystal provide an indication of the experiences and the transformations the crystal has undergone in its evolution.

The crystal represents the many phases and the many types of life which may be experienced during one's lifetime. It is one of the Earth stones to be used for redemption and cleansing of the earth. The energy of the phantom works to bring together the participants of humanity to save the planet. Picture Quartz AKA Scenic Quartz or Chamonix Stone, usually clear with a landscape inside. Brings tranquillity to those who gaze at it.

Purple Quartz

Many colours of quartz or formations have their own names, such as amethyst for purple quartz. Crushed amethyst was used by the Ancient Romans as a way to ward off intoxication. They word amethyst comes from the Greek word "amethystus" meaning not drunken, or intoxicated. And there is a Greek legend of how amethyst got its purple colour. Once, Dionysis (deity of wine and mischief) was so annoyed by Artemis (a virgin huntress and Lunar deity) that he set his sacred tigers upon a maiden attending her shrine. To preserve the maiden, whose name was Amethyst, Artemis petrified her in sparkling quartz. Lamenting this virgin's demise, Dionysus poured a the contents of his cup over the statue, which immediately became infused with the purple of the grape.

Various varieties of purple coloured quartz including Lavender Quartz, Purple Quartz.

Polished Quartz

Prasem Quartz

Rainbow in Quartz

Various forms of polished

quartz and engraved with the word Ohm, the sound of God

A rare green coloured quartz type found only in Africa. Metaphysical attributes unknown.

Crystals

A crystal which has rainbows inside when viewed in bright light. This is caused by an internal fracture. Promotes hope, happiness and optimism and awakens us to the beauty in Nature.

Record Keeper Quartz

A crystal that has pyramidal or triangular shaped symbols that are either engraved into or are raised on one or more of a crystal faces is called a Record Keeper or Recorder. These symbols are not easily seen and usually need to be searched out by looking at the crystal in a bright light while closely examining the faces. It is believed that the Record Keeper is one of the most sacred crystals because it holds the wisdom and knowledge of the universe. When a person is properly attuned to a Record Keeper, this knowledge is readily made available. This knowledge is ancient knowledge and contains profound secrets and esoteric knowledge of the whole of the Higher Consciousness. It takes an open mind and a pure heart to access this knowledge. They are commonly thought of as "crystal memory banks" which contain ancient knowledge awaiting for just the right person who has the ability to decipher it's hidden power.

Red Hematite Phantom

Hematite can be called "a stone for the mind".. It helps to sort-out things in ones mind, and can be used for mental attunement, memory enhancement, original thinking and technical knowledge. .... provides for a calming atmosphere... encourages one to "reach for the sun".... helps one to realize that the only

limitations which exist are those self-limiting concepts within the mind.... facilitates balancing of yin-yang energy.... assists in the dissolution of negativity, transforming the negativity, in the dissolved state, to the purity of the universal light of love..... It is also conducive to enabling one to enter into a loving relationship... has been said to attract "kind love". .. helps one to attain a "soft" meditative state, providing for smooth grounding and bringing tranquillity and emotional clarity.....

Red Quartz, Fire Quartz, Strawberry Quartz, Harlequin Quartz

Red quartz aids in positive action. It produces an abundance of physical energy and vitality, and coupled with the quartz qualities, is a very dynamic mineral.

Strawberry Quartz: This Mineral stimulates the energy centre of the heart, bringing added energy to the quartz, and filing ones' total person with the feeling of love. Use as an elixir is highly recommended. Strawberry quartz also balances the connections between the physical and the subtle bodies, and stimulates both astral and the psychic system intrinsic to all. It provides for travel to the "centre of the universe of life" and fills one with the euphoria of the true loving environment; the connection with the "centre of the universe of life: brings one information concerning the creation of planetary forms, the reasons behind it all, and guidance with respect to enjoying each moment. It further provides the pathway to the source of knowledge which can provide the relevant

data concerning the actual reasons one has chosen the reality which is predominant in one's life.....The stone will be made available to those who are both ready to experience the energy and willing to embrace the information.....

Fire Quartz: It provides a beautiful dancing energy which when activated stimulates the energy flow on all levels. ... can be used to stimulate the base chakra and to provide for a direct pathway between the base chakra and the heart. ... activates all the qualities of the base chakra, the heart chakra and the crown chakra and provides physical energy and vitality to the physical body.... stimulates healing qualities of the heart and associated attributes of loving consciousness... has been used to transverse the gap between the physical world and the spiritual world, and can help one to understand transitions.

Harlequin Quartz: It provides a beautiful dancing energy which when activated stimulates the energy flow on all levels. ... can be used to stimulate the base chakra and to provide for a direct pathway between the base chakra and the heart. ... activates all the qualities of the base chakra, the heart chakra and the crown chakra and provides physical energy and vitality to the physical body.... stimulates healing qualities of the heart and associated attributes of loving consciousness... has been used to transverse the gap between the physical world and the spiritual world, and can help one to understand transitions

Other varieties of red coloured quartz on this page include Red Haematoid Quartz, Red Hematite Phantom Quartz.

Rock Crystal Quartz

Clear, many forms and colours! Probably the most versatile multipurpose healing stone. Easy to cleanse, store info/energy in, program or amplify energy and healing with. Can both draw and send energy. Powerful clear ones open brow, crown, and transpersonal chakra for meditation, sending / receiving guidance. Stimulates natural crystals in body tissues and fluids to resonate at new healing frequency. See also many other stones (Amethyst, Tiger's Eye...) India: Detected food poison by clarity change. Yin or Androgynous. Works with all chakras and master gland. All with Chlorite: powerful for sending and advanced specialized uses. Blue (or grey / lavender): a good healing stone for linking heart with throat and brow chakra to expand self-expression and creativity, plus refining communication skill to new levels. Eases throat tension. Immune system, thyroid, iodine and B vitamin use. Some say shining light through Blue Quartz can help reduce need for glasses. Still evolving Yin.

Rose Quartz

Rose Quartz healing power : Translucent to clear pink. Love, beauty, peacefulness, forgiving, lovingness, self-love, emotional balance, soft, gently soothes and warms heart centre. Emotional healing, loss, stress, hurt, fear, low confidence, resentment and anger. Slowly eases childhood traumas / neglect / lack of love, low self-esteem. Cleanse and recharge often. Especially if fades. Aligns mental, emotional, and astral bodies. STONE OF LOVE ~ HEART

CHAKRA ~ Rose Quartz is known as a “gentle stone of love”, bringing peacefulness and calm to relationships. This stone emits a calming energy that works on all the chakras to gently remove negativity and reinstate the loving, gentle forces of self-love. Brings calmness and clarity to the emotions and restores the mind to harmony after chaotic or crisis situations. Rose Quartz is especially helpful at the location of the heart and crown chakras.

Is opaque to translucent macro crystalline quartz of pink to rose-red colour. It normally occurs in the cores of large pegmatites as solid masses of rose coloured quartz whose individual crystals have poorly formed boundaries. Known as the love stone, rose quart crystal aids forgiveness and helps with fear, hurt, low self-esteem and cooled hot tempers. The pink colour of rose quartz symbolizes love and warmth. It is the crystal stone for the heart Chakra, and is full of beauty, peacefulness and is an emotional balancer. It also has healing qualities for the mind, releasing bottled up emotions and dispelling negative thoughts. A romantic crystal and very helpful for meditation and divine love.

Ruby Aura Flame Quartz

Ruby Aura Quartz is quartz that is treated by permanently bonding platinum or gold and platinum to the surface of quartz crystal. Crystal healing and metaphysical lore of Ruby Aura is as follows. Ruby aura is a stone of passion and vitality. It is also very protective, especially so in times of upheaval and turmoil, and against aggression and violence. It is helpful for overcoming survival issues of all kinds and cleansing the base or root chakra. Physically, in crystal healing and traditional folklore, ruby aura is used in healing the back, feet, hips spine, and legs.

Ruby Aura Flame (private collection)

Russian Quartz

The Russian quartz offered on this page originates from the Polar Ural mountains. The Ural mountain range, running approximately north to south through western Russia, is an abundant source of mineral wealth.

Russian quartz from the Polar Ural mountains is renowned for its piezoelectric charge. For this reason, until recently, it was mined and stored for energy, military and scientific research.

Russian Candle Quartz

Quartz from two different finds in Russia that are so new they have not had information brought forth from them yet. They are not in any of the metaphysical books. Both types have double growth patterns similar to Spirit Quart from South Africa. There is any inner quartz surrounded by the outer layer of quartz that has grown over the inner quartz. I see them as quite Yin/Yang as they feel totally opposite. The Snow Quartz is very high energy... and buzzie.. while the Chocolate Frost quartz is very solid feeling and grounding. The Chocolate Candle quartz has terminations all up and down the shaft of the quartz. I saw these and immediately bought all that the Russian dealer had. I have enjoyed having one in each hand and meditating with them bringing balance.

Rutilated Quartz

Rutilated or Rutile Quartz: Clear Quartz with metallic, golden rutile, copper, or blue/grey titanium fibbers that powerfully electrically conduct and amplify energy/thoughts/programming for healing. Intensifies/deepens altered states. Opens Crown/Brown Chakra for meditation, clairvoyance, telepathy, insight. Some make one too spacey or scattered to wear. (Induces Alpha) Stimulates

immunity, strength, blue corona, imagery, dreams. Golden fibbers may increase radiation protection and health rejuvenation. Each stone's energy/qualities are unique. Androgynous. Helpful with Lung disorders. Contains Rutile in needle-like mineral inclusions. One can find Rutilated versions of most of the types of Quartz discussed thus far. It heightens whatever energetic influence the regular Quartz possess and helps direct that boosted energy to problematic areas. Clear Quartz with metallic, golden rutile, copper, or blue / grey titanium fibbers that powerfully electrically conduct and amplify energy / thoughts / programming for healing. Intensifies / deepens altered states. Opens crown / brown chakra for meditation, clairvoyance, telepathy, and insight. Some make one too spacey or scattered to wear. (Induces Alpha) Stimulates immunity, strength, blue corona, imagery, and dreams. Golden fibbers may increase radiation protection and health rejuvenation. Each stone's energy / qualities are unique. Androgynous. Enhances communication with higher self. Helps one understand ones journey during astral travel. Increases clairvoyance. Stimulates the immune system.

Rutile crystallizes in the form of prismatic crystals, as needle-like crystals. It has been compared to the appearance of wheat straw and angel hair. The ethereal aspects of rutile bring strength with love, ease in transition, growth in all avenues of one's development. Calm, reason and order. Rutile is used for healing and balancing the aura via repelling negative energy. It affects the physical, etheric and astral bodies. It assists one in getting to the root of a problem and hence, provides for access to the reason for a dis-ease , so that one can remedy the situation. It is a stone for stabilizing relationships, marriages, mental processes, and emotional and physical imbalances.

Satyaloka Quartz

Satyaloka Quartz is the name given to various Quartz stones gathered around the Satyaloka monastery in southern India. Mystic Lore: Intuitive sources say Satyaloka Quartz carries the vibration of spiritual enlightenment & is a tool for spreading enlightenment throughout the world. The monks of the Satyaloka monastery say that the pure spiritual energies which permeate the area of their monastery also are carried by this Quartz. They believe that spiritual beings from higher dimensions are assisting humanity through the

stones.

Satya Mani Quartz aka Sathya Mani Quartz

Intuitive sources say Satya Mani Quartz is a stone of spiritual truth and initiation. It attunes one to one's path of destiny, and reveals visions of the spiritual realms as they express themselves on Earth. It is a stone of enlightenment, bringing the light of the heart's Truth into one's mind. It Enhance inner radiance, compassion and creative manifestation.

Sceptre Quartz

These crystals were used in Atlantis and Lemuria in healing ceremonies and were a symbol of the power of their realm; those who carried a sceptre crystal were in a position of "high priest/priestess". ... It is an excellent configuration for transmission of directional energy.

Self-Healed Quartz Crystals

These crystals are very important to us as healing facilitators. If you program your crystals with the seed blueprint for creation, in accordance with Divine Will, as previously mentioned, then many crystals, especially quartz crystals, will start to remember their wholeness. As this happens, they start to grow multiple terminations from the base where they were removed from the matrix.

These crystals are therefore very powerful for use in healing, because they have already learnt to heal themselves. So watch out for these crystals. My personal experience is that once programmed with the seed blueprint for creation, crystals can start self-healing, and sprouting new crystals from their base, within a period of only weeks. We would encourage you to experiment with these crystals, and just see what can be accomplished.

Siberian Quartz

Siberian White Quartz

Siberian Blue Quartz

Siberian Blue Quartz is a laboratory-grown crystal, which is made in Russia. It is created by a process in which natural quartz is broken down and re-grown with cobalt which is the source of the new deep blue colour. Its hardness is about 6.5 to 7. Mystic Lore: Intuitive sources say that Siberian Blue Quartz can help to activate the 5th & 6th chakras, the energy centres of communication and inner vision. It is said to enhance one's psychic abilities, such as clairvoyance & telepathy, and to increase visionary experience.

Siberian Gold Quartz is laboratory grown in Russia. Powerful balancer. Balances the male and female aspects as well as the right and left brain. Helps to

create synapses between the right and left hemispheres of the brain. Aids in connecting to higher self, accelerates the development of psychic abilities. Carries the Gold Ray of Christ Consciousness.

Siberian Green Quartz is laboratory grown in Russia. Activates the heart chakra and expands throughout all the bodies. When consciously directed is very calming and bathes one in healing energy.

Siberian Purple Quartz is laboratory grown in Russia. It carries the Violet Ray of transmutation and amplifies spiritual energy. It resonates with the crown chakra and helps to transform blocked energies. Balances the emotional body.

Singing Quartz Crystal

When tapped, this crystal produces sound - this is a singing crystal. Enhances all aspects of healing and strength. Enhances yang/masculine traits - creativity, force, strength.

Smoky Quartz

Smoky Quartz

Smoky Quartz (private collection)

Smoky Quartz Healing Power: 2 kinds: 1.) Smoky, root beer, or chocolate-coloured clear crystals. The clearest, most intense ones powerfully open the crown chakra crewing light down the root chakra, inducing Alpha / deep meditation for channelling / higher guidance, deep relaxation, lovingness. Ancient use also to stimulate meridians, kundalini, and correct fertility / PMS / reproductive imbalance. Stores info well. Alleviates fear, anxiety, depression, emotional Dense, dull, solid / semi solid black / brown, less attractive. Very grounding, opposite of other smoky. May feel dense, heavy; non-conductive many were irradiated to turn them this flat, dark colour with white edge of base. If so, they're not useful for conducting light / healing, thus less useful for wearing or healing.

GRIEF ~ TRANSFORMS NEGATIVE ENERGY TO POSITIVE ENERGY ~ Smokey Quartz is an excellent stone for removing negativity and negative energy of any kind and transforming them to positive energy. It is also a very protective and grounding stone. It brings physical, protection, psychic protection and protection from negative energy. It enhances survival instincts, and can help one reach personal and business goals, as well as assisting in making wishes come true. Smokey Quartz is a stone that brings abundance, prosperity, and good luck. It is excellent for elevating moods, overcoming negative emotions, and relieving depression. Smokey Quartz relieves stress, fear, jealousy, anger and other negative emotions. Smokey quartz is very comforting and calming, and can be considered a stone of serenity and is helpful in relieving grief. Smokey Quartz grounds during meditation. Using Smokey Quartz during meditation enables you to reach higher states of consciousness. It also protects and cleanses the aura and astral bodies.

Smokey Quartz gently dissolves negative energies and emotional blockages. It balances the ying-yang energies and is an excellent grounding stone. Smokey quartz clears and cleanses the secondary chakras in our palms to help enable us to feel our stones with ease. This healing mineral also helps in the areas of spiritual development

Snow Quartz aka Quartzite

Quartzite aka Snow Quartz is a structure of quartz that has firmly impacted grains of quartz. It has the same metaphysical properties of quartz but the energy is not directed as efficiently. It is a great supporting stone through stages of "lesson learning", providing insight, allowing us to recognize our limitations. It allows us to encourage tact and maintain co-operation with others.

Harmonizes the human energy field with universal energy. Helps heal negativity. Protects the auric field. A good energizer stone. energizes and balances all of the chakras. Balance. It is wonderfully soothing.

Spiral Quartz Crystal

The spiral quartz crystal can be recognized by the twisted configuration throughout the body of the formation. It has been used to bring the universal spiral of energy to the physical body and to assist one in maintaining connection with the physical plane during meditation. It inspires the energy of love, such that all chakras are activated into a spontaneous flowing movement, providing for a balance of the male and female energies.

Spirit Quartz aka Fairy Quartz

A wonderful stone for healing, the crystals within the jasper were used in Lemurian healing ceremonies and retain the records of both the knowledge of use and the methods of facilitation leading to results. This 'unification of Boekenhout Jasper and Quartz will be made available to those who are to work with these advanced energies.

REMOVES NEGATIVE ENERGY ~ SELF CONFIDENCE ~ Spirit Quartz is a beautiful and unusual form of Quartz. It comes from South Africa and is a Quartz point covered with tiny smaller points. Amethyst Spirit Quartz is said to clear your aura and chakras and can remove negative energy or attachments. Amethyst is an excellent meditation stone. Citrine Spirit Quartz works with the

solar plexus chakra and helps you to be in your power. It's a stone to boost your self-confidence and self-worth. If you are working to manifest things in your life this is an excellent stone to help.

Star Quartz Crystals

Comes from a very remote area in Ranitavarantsoa, Ansirabe, Madagascar. The star-shaped inclusions are hollandite (a relative of tourmaline) The inclusions in Star Quartz seem to present something of a dichotomy -- they are made of hollandite, which is a very grounding mineral; yet, they are in the form of stars, which implies connection with energies beyond this world. Indeed, both of these things are true! Star Quartz offers us the wisdom of the universe, which flows into our body through the crown chakra and anchors into the earth at our feet! This is a powerful, powerful combination, and I believe that every light worker should have a Star Quartz crystal as part of his or her metaphysical arsenal! The spirit of this crystal is attuned to the Soul Star of his keeper, and helps to bridge the gap between the Soul Star Chakra and the Crown Chakra. Its energy that helps to gently open the Crown Chakra, and prepare it to accept the Divine energies of the Soul Star. Those energies will then be channelled downward to increase the vibratory activity of the lower chakras. This is a very powerful crystal, and should be used with care. It will also help its keeper during astral travel, increasing the conscious remembrance of the work accomplished during dreamtime. To be kept near the sleeping area of the keeper -- it will do its work while the keeper sleeps, and as the process of opening the Crown Chakra progresses, the keeper will begin to notice an increased conscious connection to Divine energies during day-to-day activities! Super seven crystal also known as Melody's Stone. See Melody’s Stone.

Starbrary Quartz

Some crystals have been encoded by various star systems. Some of us call them starbraries. They are recognized by the presence of glyph like markings, symbols and geometric patterns plus usually a doorway or key. There are at least 6 different peoples who left crystal records. The most sought after are the maps, histories and legends of the people of the Cassiopeia star system. They are

recognized by more flowing lines and symbols along the sides of the crystal. While they often manifest (exhibit) key markings, they don't always, but there will always be different and comfortable ways to hold the crystal, facilitating the 'opening' of the many layers.

Strawberry Quartz

In addition to the generic healing properties of Quartz, Strawberry Quartz stimulates the heart energy centre, filling ones total person with the feeling of love and with the euphoria of the true loving environment.

Tabby or Tabular Quartz

A crystal with a flattened shape. They are very flat in their configuration, and can be used to activate other crystals. To enhance communication, smooth

energy flow and integration of ideas and balance; to facilitate understanding and dialogue between people; to help us communicate with nature.

Tangerine Quartz

Tangerine Quartz aka Tangerose Quartz helps to activate the 2nd Chakra. Activates sexuality, creativity and brings energy to the user. The color comes from hematite. Tangerine quartz is a wonderful healing stone after trauma or shock. It is also used in past life healing and is beneficial in situations where one feels a need to make up for past damages done.

It activates and balances the sacral hara chakra. It leads one to a more positive vibration in life. Tangerine quartz is sometimes used to enhance sexuality and creativity.

PSYCHIC ATTACK PROTECTION ~ 2ND CHAKRA ~Tangerine Quartz is naturally orange in colour which comes from Hematite. It's associated with the second chakra, the sacral chakra, and is said to assist with sexuality and creativity. It offers protection from psychic attacks and helps the soul heal after shock or trauma. ~~ PLUS the properties of QUARTZ ~~

Tantric Twin Quartz Crystals

Tantric Twin, Twintress Quartz Crystals: To help draw a soulmate into your life. When found they also help to bond two people into a intimate relationship. The growing together of two individual crystals with parallel portions. It assists one in creating balance with the higher and lower consciousness of oneself. It also brings a joining together of love and freedom, recognizing that love brings freedom.

Tanzan Aura Quartz, Tanzine Aura Quartz

Tanzine Aura Quartz is created by the bonding of Indium and Gold to Quartz. It enhances communication and intuition. Tanzine Aura Quartz is lighter in blues than Tanzan Aura Quartz.

Tibetan Quartz

Tibetan Quartz have been used to promote contact with the ancient cultures of the East, bringing a knowledge and information concerning healing and spirituality to the user. They have been used to facilitate fasting and abstinence from that which one chooses. In addition, healing and mediation both have been enhanced. Wearing the Tibetan crystal has induced total centring of the self and has, when accessed, produced an energy conducive to channelling. The crystal tends to contain a very powerful "OM" vibration, prompting the inventive powers. The body can attune to this resonance and can radiate the energy and verity of the higher self. Kirlian photography has shown that when cleansed, these crystals emanate the total spectrum of colour, and can hence be applied to all energy meridians for stimulation and cleansing- and can be used in the healing of all centres.

CARRIES THE OM VIBRATION ~ Melody says that the Tibetan monks, who live near where the Quartz comes from says this crystal is found exclusively in the location where a race 'from the heavens' landed many millenniums ago. It's carried the vibration of the "OM" sound and is say to be hand carried down the mountains. ~~ PLUS the properties of QUARTZ ~~

These Mountains are so high only the Tibetans themselves can mine these crystals. The Himalayas are one of earth's spiritual centres. The stone beings coming to us from this locale are highly evolved beings. They have been hidden for eons by the ancient wisdom keepers awaiting their time to arise! The Tibetan people who mine these Say they were placed millions of years ago by the star people! Tibetan quartz provides an incredible feeling of grounding with expansion. These stone beings work through our base chakra all the way to our higher ethereal body centres clearing and aligning.

Time Link Quartz Crystals

Are like bridges that the soul can travel upon in order to consciously connect with aspects of the self-existing in other times and places." We can use them to look at life out of linear sequence, freed from the illusion of three dimensional reality. You can tune into aspects of yourself in the past and in the future. You can transmit healing energy to your past, or access your future talents and knowledge to bring them here to aid the present. Some Time Link crystals connect us to the past. These are the ones that have the parallelogram sloping to the left. The ones that link us to the future have the special face sloping to the right. Some crystals have one of each kind of Time Link, working in multi-dimensional realities and all along the time continuum.

Titanium Quartz

Titanium Quartz is the name given to natural Quartz crystals which have gone through a special treatment process. The raw crystals are cleaned, heated and placed in a vacuum chamber, where they are exposed to Titanium vapours. The resulting permanent bond creates the multi-coloured crystals.

Healing purpose: Intuitive sources say that Titanium Quartz is very energizing on all levels, and that it can awaken all seven chakras, the energy centres of the body. It is said to increase zest and enjoyment of life, and to dispel sadness.

Tourmalinated Quartz

Tourmalinated Quartz is one with a tourmaline engulfed within it: Sometimes found embedded in Clear Quartz, Tourmalinated Quartz provides an energy or " solving atmosphere". Used to actualize an innate strength in the body. It helps eliminating "crystallized " patterns in the body which have been destructive in a

physical and mental manner in one's life. It also helps in adjusting imbalances throughout the body.

Tourmalinated Quartz

Quartz with Tourmaline

Tourmaline and Quartz is a perfect combination. The loving and gentle energies of tourmaline are amplified by the host quartz. These are some of the most fun quartz to work with.

Trigger Quartz Crystal

A Crystal that has a smaller crystal growing off it (as opposed to the crystal with a baby, which has a smaller crystal growing INSIDE it). This smaller crystal, or "Trigger", is used to increase the energies and attributes of the crystal it is on. Simply squeeze the small trigger crystal for a surge of energy.

Tubed Quartz

Tubed Quartz has been used to enhance the connection of the physical and astral bodies... it assists in astral travel... can bring protection during air travel... can be used as a replacement for Fadden Quartz... has been used for past life ascension... has been used to assist in locating ones compliment on the physical plane.. an excellent stone for centring the self and for gridding disturbed areas of the Earth..... can be used to cleanse the aura and to open the chakras....

Twin Quartz Or Soul Mate Quartz Crystals

Two crystals grown together (attached side to side) and of a similar size. To promote loving contact, tender communication and togetherness; to help find our soul-mate on a personal level; to teach us our souls are joined to all beings on a spiritual level.

Transmitter Quartz

Transmitters are recognized by a configuration of two symmetrical seven-sided faces with a perfect triangular face located between them. Through the use of these crystals, one can connect to the highest wisdom and can receive specific

information to specific circumstances, OR can receive the universal truth necessary for ones growth to enlightenment.

Vogel Cut Quartz

Vogel crystals can have as few sides as 4, or as many as 33. These beautiful prismatic crystals emit a rainbow of colours when twirled around in the sunlight. Just hold one firmly with your index finger and thumb and then begin a twirling motion. Quartz crystal provides an optimum state of openness. It guides you in the search for purpose and meaning in your life. Crystals also have powerful healing abilities for you as well as your animals. "Marcel Vogel (1917-1991) was with IBM for 27 years doing research and development. A respected authority on crystals, had placed the power of crystals firmly in the scientific domain. He suggested that the key to understanding this ancient knowledge lay in the connection between the vibrations sent out by the human mind and the perfect inner structure of crystals. Vogel was prompted to develop his investigations into crystal healing by working with liquid crystals in the laboratory. After leaving IBM, Vogel continued his research on the use of quartz crystals and their ability to heal people. He was dedicated to intensive research into healing energies, especially those of various shapes of quartz crystals." Vogal Cut Crystals are specially tuned quantum converters, designed to assist in accessing and utilizing particular energies. In Vogal cut crystals, the differing angles of the tips create a diode effect with the transmission of energy from one termination to the other. This allows for focusing of energy, to amplify healing, to restore energy to the body, to stimulate personal growth and to reconnect with the inner levels of the self.

Water Clear Quartz Crystals

Radiating the white light energy of the Universe, clear quartz crystal is Light made solid. Quartz clears and amplifies the thoughts. It focuses and stores energy and information. It can be used to clear and activate the chakras, for purification, healing, in meditation and trance work, to dispel negativity, enhance and seal the aura and for many other uses. Quartz can be used in any and all workings. When in doubt or when lacking the "correct" type of stone, quartz can always substitute.

Window Quartz Crystals

These crystals have small diamond shaped faces, i.e. windows, which is an extra termination to the usual faces. You can use these windows to actually enter the crystal with your consciousness. Having entered the crystal with your mind, you

will be able to experience the crystalline nature of the crystal, the Light that it generates, and ascertain its program. They can also be used as springboards to launch you into higher dimensional realms.

Yellow Quartz

Various varieties of yellow coloured quartz including Yellow Hematoid Quartz, Lemon Quartz, Yellow Quartz.

White, Snow, Milky Quartz

Snow Quartz Also known by the names Milky Quartz, and white quartz. Snow Quartz helps with mental stress and improves mental concentration. Snow Quartz is a gentler, more feminine variety of Quartz, as compared to the clear varieties of quartz which are thought to be more masculine. Snow quartz and innocence are often used in the same context. Some people feel that wearing this gemstone help them look at things from a child-like perspective, without

preconceived and cynical notions. They become hopeful and wise. This is how a gemmologist explained the action of snow quartz: "When we wear snow quartz, it reminds us that the word 'wonderful' comes from the word 'wonder'. And that if we'll look at the world from the eyes of a child again, 'pure wonder' is what we will experience." From healing point of view, snow quartz are used to help with infections of all kinds and for dandruff.

Other Quartz Crystals

Cranberry Geode Quartz, Dyed Quartz, Crackle Quartz, Teal Quartz

Watermelon Blush Quartz

Magenta Quartz

Champagne Quartz

Sunset Quartz

Pink Quartz

Lemon Quartz

Caribbean Quartz

Rainbow Mint Quartz

Forest Green Quartz

Rainbow Violet Quartz

London Blue Quartz

Blush Quartz

Rhodolite Quartz

Rutilated Quartz

Smokey Quartz

Blue Rutilated Quartz

Rainbow Volcano Quartz

Green Quartz

Rainbow Lavender Quartz

Rainbow Pink Quartz

Magenta Frosted Quartz

Amethyst Its Meaning and Uses

Purple Amethyst has been highly esteemed throughout the ages for its stunning beauty and legendary powers to stimulate, and soothe, the mind and emotions. It is a semi-precious stone in today's classifications, but to the ancients it was a "Gem of Fire," a Precious Stone worth, at times in history, as much as a Diamond. It has always been associated with February, the month the Romans dedicated to Neptune, their water-god, and is the traditional birthstone of that month. It is the stone of St. Valentine and faithful love, and signifies ecclesiastical dignity as the Bishop's Stone. It carries the energy of fire and

passion, creativity and spirituality, yet bears the logic of temperance and sobriety.

Whether its crystals are left natural, polished as tumble stones, or faceted into magnificent jewels, Amethyst is a gem whose beauty transcends its commonality. It is a variety of Quartz found in many locations around the world, and forms as transparent, terminated crystals of all sizes in geodes, clusters and as long single terminations. It is also found in vitreous masses and polished into wonderful specimens and personal talismans. The presence of manganese in clear Quartz produces Amethyst, while additional amounts of iron vary the purple coloration. Amethyst ranges in hue from pale red-violet to deep violet, and may be transparent or opaque. It is sometimes layered with white Quartz as Chevron Amethyst, found in combination with Cacoxenite, mixed with Citrine as Ametrine, or in rare cases, "rutilated" with Goethite.

The name Amethyst derives from the Greek word "ametusthos", meaning "not intoxicated," and comes from an ancient legend. The wine god Bacchus, angry over an insult and determined to avenge himself decreed the first person he should meet would be devoured by his tigers. The unfortunate mortal happened to be a beautiful maiden named Amethyst on her way to worship at the shrine of Diana. As the ferocious beasts sprang, she sought the protection of the goddess and was saved by being turned into a clear, white crystal. Bacchus, regretting his cruelty, poured the juice of his grapes over the stone as an offering, giving the gem its lovely purple hue.

Throughout history the special virtue of Amethyst has been that of preventing drunkenness and overindulgence. Ancient Greeks and Romans routinely studded their goblets with Amethyst believing wine drunk from an Amethyst cup was powerless to intoxicate, and a stone worn on the body, especially at the navel, had a sobering effect, not only for inebriation but in over-zealousness in passion. Catholic bishops also wore Amethyst in a ring to protect from mystical intoxication. Kissing the ring kept others from similar mystical intoxication and kept them grounded in spiritual thought.

Amethyst was also reputed to control evil thoughts, increase intelligence and render men shrewd in business matters. For travellers it was worn as a protection from treachery and surprise attacks, kept soldiers from harm and gave them victory over their enemies. It lent assistance to hunters in the capture of wild

beasts and fowl, and was considered to be a powerful psychic stone of protection against witchcraft and black magic. Like other royal stones it protected its wearer from disease and contagion.

In the spiritual world, Amethyst provided a connection to the Divine. To the Hebrews, it was Ahlamah, the ninth stone in the breastplate of the High Priest, engraved with the tribe of Dan, as well as the twelfth foundation stone for the New Jerusalem. To the Egyptians, it was Hemag, listed in the Book of the Dead to be carved into heart-shaped amulets for burial. In Eastern cultures, it was listed in descriptions of sacred "gem-cities," "trees of life," and used in temple offerings for worship, and to align planetary and astrological influences. It was popular in rosaries and prayer beads, credited with creating an atmosphere of pious calm, imbuing a sense of mental peace and quietude.

In today's world, Amethyst is still a remarkable stone of spirituality and contentment, known for its metaphysical abilities to still the mind and inspire an enhanced meditative state. Its inherent high frequency purifies the aura of any negative energy or attachments, and creates a protective shield of Light around the body, allowing one to remain clear and centred while opening to spiritual direction. Amethyst stimulates the Third Eye, Crown and Etheric Chakras enhancing cognitive perception as well as accelerating the development of intuitive and psychic ability. It initiates wisdom and greater understanding, and is a stone of comfort for those grieving the loss of a loved one.

Amethyst's ability to expand the higher mind also enhances one's creativity and passion. It strengthens the imagination and intuition, and refines the thinking processes. It helps in the assimilation of new ideas, putting thought into action, and brings projects to fruition. It is a talisman of focus and success.

In nature, Amethyst at times forms in combination with other minerals. In addition to the properties of Amethyst outlined in this article, the following varieties possess additional qualities.

Brandberg Amethyst is a unique and extraordinary blend of Amethyst, Clear and Smoky Quartz together in one exceedingly high-vibrational crystal. It is found only in Namibia, Africa, and is imbued with remarkable phantoms, enhydros, and other rare formations and inclusions. It attunes to pure consciousness and is a potent talisman of healing and perfection with the capacity to restore one back to their etheric blueprint in order to realign with the Divine Source.

Chevron Amethyst displays v-shaped chevrons of deep purple and white Quartz that "seep" into beautiful layers. It is one of the finest Third-Eye stones for stimulating vision within the self as well as the physical world, filtering the life force from the cosmos via the Crown in its white layers and opening up spiritual and psychic channels through the purple. It has a strong, focused energy for dissipating and repelling negativity, and is the perfect crystal for learning any

form of spiritual healing. Hold one in each hand for powerful but safe out-of-body travel, shamanic journeying or path working, and between the hands while praying or reciting mantras.

Cacoxenite in Amethyst mingles dark brown to yellow tufts of Cacoxenite, a phosphate mineral and major component in the Super Seven crystal, with the host crystal Amethyst. This combination brings a high level of creativity and new ideas to humanity by fostering thoughts that have never been thought of before. It is a calming stone, good in times of upheaval, and raises spiritual awareness of the creator essence in the beauty of nature and the kindness in people. Carry on the night of the crescent and full moon to transfer healing energy to the Earth and create an ethereal connection between all of the universe.

Ametrine is a combination of Amethyst and Citrine within the same crystal, a harmonious blend of the two energies. It brings spirituality into harmony with the intellect and inspires a profound flow of creativity, new ideas and insights. It is a remarkable healing stone, removing pain and tension while bringing energy and a sense of well-being to the mind and body. It brings greater focus in meditation, protection in astral travel and is a gateway crystal for opening angelic or spirit guide contact. Leave in natural light from noon on the day of a full moon and through the night to catch lunar rays then carry on the person to bring luck in money ventures.

“Rutilated” Amethyst is a rare form of Amethyst which appears to contain Rutile, but actually contains brownish crystals of Goethite, an iron hydroxide mineral also found in the Super Seven crystal. Goethite is a stone for finding the link between the deep self and Earth, and together with Amethyst clears the Earth and Base Chakras, aligning the whole chakra system to the higher mind. It purifies the emotional body and is particularly helpful in grief work. It facilitates clairaudience, communion with angels, and connections with other worlds. To program as a wishing stone or with intentions, messages, and prayers, simply hold the stone with the intent in mind.

Amethyst is an exceptional crystal for wearing on the body, for use in healing rituals, and for enhancing one’s environment. It has been known to fade in direct sunlight and care should be taken. It is also good to clear its energies from time to time by holding the stone under running water for a short period while affirming that the stone be cleared. Keep unpolished Amethyst near other crystals to recharge them.

Amethyst Uses and Purposes - Overview

Amethyst is a wonderful talisman for use in the creative arts, especially in darker shades. It assists endeavours where new, original results need to be created using tools and methods of the past. It is often used as the Artist’s Stone,

the Composer's Stone, the Inventor's, Poet's and Painter's Stones. Keep an Amethyst crystal or cluster in the area to focus and amplify the creative elements of the Universal Life Force.

Called the "All-healer," Amethyst is one of the most effective crystals for healing people, plants and animals. Natural unpolished Amethysts or geodes are particularly helpful placed where plants will not grow or animals refuse to sit. It also counteracts negative earth energies beneath buildings or anywhere that feels hostile.

Amethyst protects against psychic attack, paranormal harm or ill-wishing, and returns the energy back to the universe after being transformed into positive, loving energy. To increase this power and attract good luck, draw an image of the sun and the crescent moon over an Amethyst in lavender incense smoke.

Referred to as "nature's tranquilizer," Amethyst calms and soothes, assisting the transmission of neural signals through the brain. It relieves obsessive compulsive disorder and hyperactivity in children and animals. Place under the pillow or mattress, or rub the centre of the forehead counter-clockwise to cure insomnia and stimulate pleasant dreams. It is especially effective for children's recurring nightmares and fears of the dark, and may help alleviate homesickness.

Amethyst is an excellent stone for diplomats, negotiators and business people. It calms angry temperaments and gives a distinct advantage in situations where debating is required. Wear or hold Amethyst to bring in spiritual insights coupled with intellectual reasoning.

Amethyst is connected to the Temperance card in the tarot, representing balance. It is a stone dedicated to curbing overindulgence and bad habits, and is an excellent aid to quitting smoking, drinking and drug use, as well as unhealthy physical passion. It also provides the strength needed to obtain freedom from addictive personalities, one's own or another's. Placing an Amethyst on the navel is believed to protect a person from intoxication, and in conjunction with other treatments such as counselling, helps cure addictions. A naval piercing makes it possible to always keep an Amethyst in this spot.

Amethyst is the stone of St. Valentine and of faithful lovers because St. Valentine was thought to have worn an Amethyst ring engraved with the image of Cupid. It is also referred to as the "couple's stone" and gives meaning to relationships that over time, transcends the carnal union and gives way to deeper connection and a more soulful communion. Wear as an engagement or eternity ring for fidelity, or as a locket to call back lost love.

Amethyst Healing Therapies - Overview

Amethyst has healing powers to help with physical ailments, emotional issues, and in Energy Healing and Chakra balancing. Amethyst crystal therapies are primarily associated with physical ailments of the nervous system, the curing of nightmares and insomnia, and balancing the crown chakra. The therapeutic uses of Amethyst have a long and well-documented history. Always and in all circumstances consult a doctor in medicine. An amethyst treatment does not replace a doctor and medical treatments.

Amethyst Physical Healing Energy

Amethyst boosts the production of hormones, and stimulates the sympathetic nervous system and endocrine glands to optimum performance. It supports oxygenation in the blood, and aids in treatments of the digestive tract, heart, stomach, and skin. Amethyst also strengthens the immune system and reduces bruising, pain and swellings. It has been used with excellent results as an elixir in the treatment of arthritis.

Amethyst is thought to relieve the symptoms of tinnitus and other hearing disorders, and is highly beneficial in treating insomnia, especially when caused by an overactive mind. It is calming and soothing to the neural impulses in the brain. Its energy ameliorates the pain of headaches and migraines, and reduces stress and nervous tension. It may be used to treat psychic disturbances and to stabilize brain imbalances, but should not be used in cases of paranoia or schizophrenia.

Amethyst Emotional Healing Energy

Amethyst is especially supportive of the emotional body, bringing those who are overworked, overstressed, or overwhelmed back to centre. It eases the mental anxieties that lead to physical tension and headaches, and is a great crystal to calm those who tend to be hot-headed and easily angered.

Amethyst helps in identifying the root causes behind one’s negative behaviours, habits and emotional patterns that create imbalance and disease. It also helps one understand the reality of cause and effect in behaviour, and assists in better decision making. Amethyst is a marvellous aid in overcoming addictions by counteracting the effects of drugs and alcohol on brain function, while imparting its own peaceful sustaining energy.

Because Amethyst initiates wisdom and greater understanding, it is a comforting crystal for those grieving the loss of a loved one. Its presence communicates that there is no death, only transitioning and changing of forms. It encourages the release of sorrow, and rejoicing in a loved one’s spirit being freed from the confinement of the physical body. Called “the soul stone,” Amethyst assists in understanding and connecting to the eternal existence of the soul and initiates

one's own deep soul experiences. It is an ideal crystal to hold or meditate upon during the death experience, of another or oneself, allowing the release of the temporal physical body with more ease, assuredness and peace. It is a perfect stone to gift to those with terminal illnesses or to use in preparation for a conscious death experience.

Amethyst Chakra Healing and Balancing Energy

Amethyst carries a high, sweet energy, particularly stimulating to the Third Eye, Crown and Etheric Chakras.

The Brow Chakra, also called the Third Eye, is the centre of our perception and command. It directs our sight and everyday awareness of the world. Our consciousness is located here, and we relate to ourselves through this chakra. When the Brow Chakra is in balance our thoughts and internal communications within ourselves are healthy and vibrant. We are open to new ideas, dreams, and visions, and can control the flow of energy within all the chakras. The dark blue/purple crystals of indigo are used to treat imbalances of the Brow Chakra. It is a quiet colour, one of mystery and wisdom and judgment.

The Crown Chakra is located at the top of the head, and is our gateway to the expanded universe beyond our bodies. It controls how we think, and how we respond to the world around us. It is the fountainhead of our beliefs and the source of our spirituality. It connects us to the higher planes of existence and is the source of universal energy and truth. When the Crown is in balance, our energies are in balance. We know our place in the universe and see things as they are. We are unruffled by setbacks, knowing they are an essential part of life. Imbalances of the Crown Chakra are treated with Light Violet crystals. Their violet rays have the universal life force of magic, dreams, inspiration, and destiny.

The higher vibrational White and Lavender/White crystals are associated with the Higher Crown, Soul Star and Stellar Gateway Chakras. They are attuned to higher, more spiritually enlightened things, and embody true humility. They provide a soul connection and the highest self-illumination, as well as a cosmic doorway to other worlds.

Amethyst Spiritual Energy

Amethyst carries a high spiritual vibration of humility and devotion to the Divine. It is highly conducive to stilling one's thoughts in prayer and meditation, and surrendering to that which is greater than the self. Amethyst also stimulates the higher mind to receive one's spiritual power as a creation of the Divine being and to open to the insights, wisdom and guidance that is offered.

Amethyst is a stone of spiritual protection and purification, cleansing one's energy field of negative influences and attachments, and creating a resonant

shield of spiritual Light around the body. It acts as a barrier against lower energies, psychic attack, geopathic stress and unhealthy environments. It is a valuable protection for those doing psychic or intuitive work, and enhances personal environments with a healing and protective circle of Light.

Amethyst Colour Energy

Amethyst embodies the red-violet ray that connects both time and colour, of beginnings and endings, as the old year wanes and the new is about to arrive. It tempers the fiery red ray with the intuition of the violet ray, bringing passion and imagination, emotion and logic. It stimulates creativity and is particularly helpful in artistic endeavours. Light Amethyst helps us peer into our souls and see ourselves as others see us. It is the ray of self-esteem and self-knowledge. Dark Amethyst gives us the deep vision needed to see the future. It gives us powerful insight and enhances our perception of the potential effects of our decisions.

Crystals Meditation with Amethyst

Amethyst is one of the best crystals for meditation. The amethyst colour stimulates the highest vibration of the Third Eye, and placing an Amethyst stone directly over this area ushers in a serene meditative state that stills conscious thought and guides the mind toward deeper understanding. Amethyst energy encourages the mind to be humble and surrender to that which is greater than itself in order to gain some understanding of how the powers of the universe can direct and guide one's life.

To relax the system and increase awareness, hold single Amethyst crystals or small clusters in the left hand (termination towards the arm) during meditation to draw Amethyst energy into the body. Large clusters of Amethyst are ideal for meditation altars or as concentration objects to train the mind to be centred and calm while awareness is focused on the objective world.

Amethyst may be used to occupy the North-East point on a crystal medicine wheel, used for healing and balancing one's life. The north-east is the place of choices and meditating in this direction facilitates the decision-making process, bringing in spiritual guidance, common sense and realistic goals. It encourages new ideas and relates cause with effect. It also balances out highs and lows for emotional and spiritual centring.

A last thought from the Author/Editor

The human race has provided its membership with a mass of fine and intriguing spiritual teachers throughout its history: one does not want to get into the business of special claims. Yet in accepting authorship within this series of EBooks, I feel that I have a responsibility to show why what is sometimes called the Tibetan Teacher Djwhal Khul's work through Alice Ann Bailey. She acted, somehow, as Djwhal Khul's secretary, his teaching telepathically dictated.

In the years 1960's I joined the Unity School of Christianity, Lee Summit, Missouri, USA, joining a long extensive metaphysical and psychological course. Later, I joined the Meditation Group for the New Age, and Creative Meditation Group ran by the founders Michal Eastcott and Nancy Magor, Headquarters Sundial House, Nevil Court, Tunbridge Wells, Kent, UK. They acted under the leadership of Dr. Roberto Assagioli, MD, psychologist in Firenze, Italy. He consecrated his life mainly on psychosynthesis. He was also inspired by the teaching of Djwhal Khul.

After Mrs. Tilla Grenier (Brussels) died, I was in charge of the French Section of the two Meditation Groups under the supervision of Sundial House. Meditation though so simple is, so important in one's life that it may be regarded as innocuous and maybe futile, but it is not.

By means of meditation, the human finds freedom from the delusion of the senses, and their vibratory lure; he finds his own positive centre of energy and becomes consciously able to use it; he becomes, therefore, aware of his real Self, functioning freely and consciously beyond the planes of sense; he enters into the plans of the greater Entity within Whose radiatory capacity he has a place; he can then consciously proceed to carry out those plans as he can grasp them at varying stages of realisation, becoming this way of essential unity. Freedom to work on any Path must be gained by meditation; freedom to escape beyond this ring-pass-not is also this way attained.

The main function of meditation is to bring the lower instrument into such a condition of receptivity and vibratory response, that the Ego can use it, and produce specific results.

I also studied with the London Bible College, the full "ad muros" theological curriculum for which I was awarded the College Diploma (the College is today called the Theological School of London). This led me to several degrees as "Bachelor of Theology", and twice "Doctor of Divinity" (see Album in my Facebook). This led me to become an ordained and consecrated Old Roman Catholic bishop from 1974 to 2010 when I resigned. Looking back to those years, those episcopal years (a life time) are today counted a detail in my life. It should never have happened. I ended those years as I started with a great zero. I am not talking about the believers I gathered, but those I ordained or consecrated

to the appropriate ecclesiastical functions. When they had what they were looking for, they just left my jurisdiction to start something on their own. In this way, my spiritual hard work was being destroyed all the time.

True, the Science of Meditation is a psychological technique of the mind which eventually produces correct, unimpeded relationship or alignment. It is the establishment of a direct channel, not only between the one source, the Supreme (Divine Mind or Energy) and its expression, the purified and controlled personality, but also between the seven centres (chakras) in the human vehicle.

True, the science of meditation is also associated in the minds of men with religious matters. But that relates only to theme. Meditation is a science that can be applied to every possible life process. In reality, this science is a subsidiary branch, preparatory to the Science of the Antahkarana (Bridging). It is really the true science of occult bridge building or bridging in consciousness.

Meditation is intended:

1. To produce sensitivity to the higher inner impressions.
2. To build the first half of the Antahkarana, that between the personality and the "Higher Self Within" (soul).
3. Producing an eventual continuity of consciousness. Meditation is essentially the science of light, because it works in the substance of light.

Science is that precious thing on earth which is pushed forward by a glowing imagination and pulled forward by its own growing experience. Spirituality is that precious thing on earth which is carried within by fulfilling aspiration and later brought to the fore, where it can become consciously one with the Supreme, the Divine Mind or Energy, Idea even, in other words God the Experience and Experiencer.

Within our living mind, we see science advancing very fast, while human happiness has been receding at an alarming rate lately. Through meditation, you and me, today seeing a flickering candle-flame of spirituality, but through you and I, tomorrow's world will be flooded with the light of spirituality.

Science now deals mostly with the material world. But, what is the material world after all? It is the world that does not believe in the possibility and inevitability of an inner, divine life brought to expression.

What is the inner world? It is the world that says that the possibility of a divine life on earth is undoubtedly unreal today, but tomorrow it will be possible, the day after it will be practicable and just the day after that it will be inevitable. Science has the capacity to show mankind the full development of the mental life. Man is the creator …

Love is the great unifier, the prime attractive impulse, cosmic and microcosmic, but the mind is the main creative factor and the utilizer of the energies of the cosmos. Love attracts, while the mind attracts too, but also repels and coordinates, so that its potency is inconceivable.

The race is NOW progressing into an era wherein men functions as minds, and where intelligence is stronger than desire, and where thought powers are used for appeal and for the guidance of the world, and where physical and emotional means are employed.

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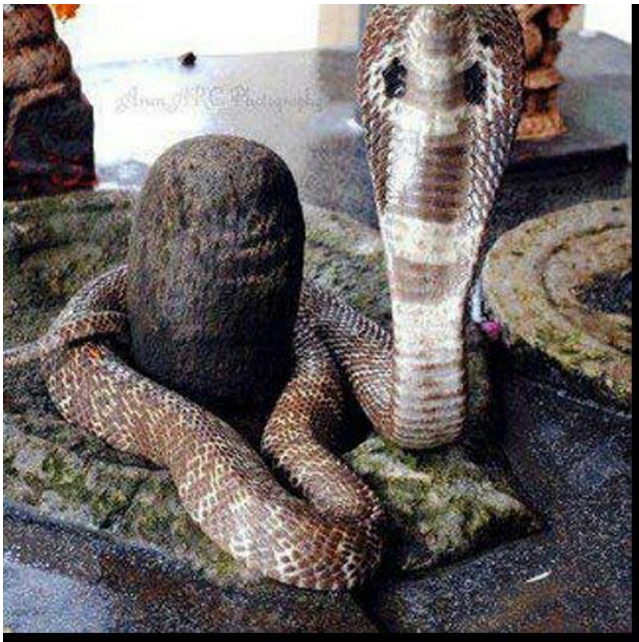
Spirituality is Not Religion – How to Worship God

Spirituality or Religion

Spirituality is not directly concerned with any religion, although religion can lead a person to the Spiritual Path. Spirituality acknowledge the spiritual essence underlying all the world's religions without becoming personally involved in any of them. In Meditation one seeks spiritual realisation directly, rather than through particular beliefs or religious observances. Meditation concerns the development of the mind and the deeper layers of human consci-ousness.

It is the path most applicable for those who believe in Universal Idea (God) and for those who have experienced It themselves in order to accelerate their evolution and spiritual realisation the Meditator begins at the point where formal religion ends as it can say no more. At that point, the practice of meta-physics opens up into the dimension of higher spiritual understanding.



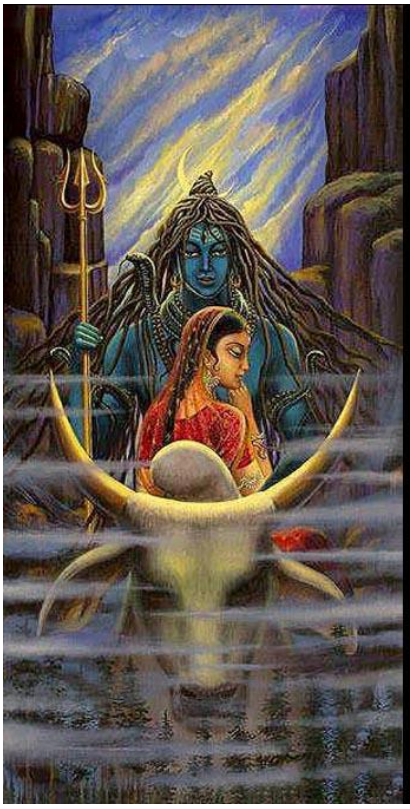
How do you worship God (1)

The Supreme "God" is divine energy manifested everywhere in the form of nature, living beings, and other objects whether the object is an idol, stone, human being etc.There was a movie in which hero picks a stone from the road and kept the stone on a side of the road after painting the stone with red color. Hero started to bow his head before the stone. After some time people came there and started to pray before that stone.

The hero wanted to prove that the people were fools as they were praying an ordinary stone placed by the Hero. Hero wanted to prove that there is no God at all. It is we, who made so many Gods for our convenience. (*to be continued*)

How do you worship God (2)

A number of people believe in this, same as the hero of that movie. But in a real sense, all the people praying before the stone were not fools at all. All they were theists. They were devotees of God.
God is in unshaken faiths of people. Apostolic Christianity (Catholics and Orthodox Churches) worship a piece of bread, called a Holy Host, after it was consecrated during the Holy Eucharist at the words, "This is My Body; This is My Blood, Do this in remembrance of me."
At these words, according to their dogmas, the consecrated bread and wine, are now body and blood of Christ. The ritual must be done by an ordained priest or consecrated bishop.

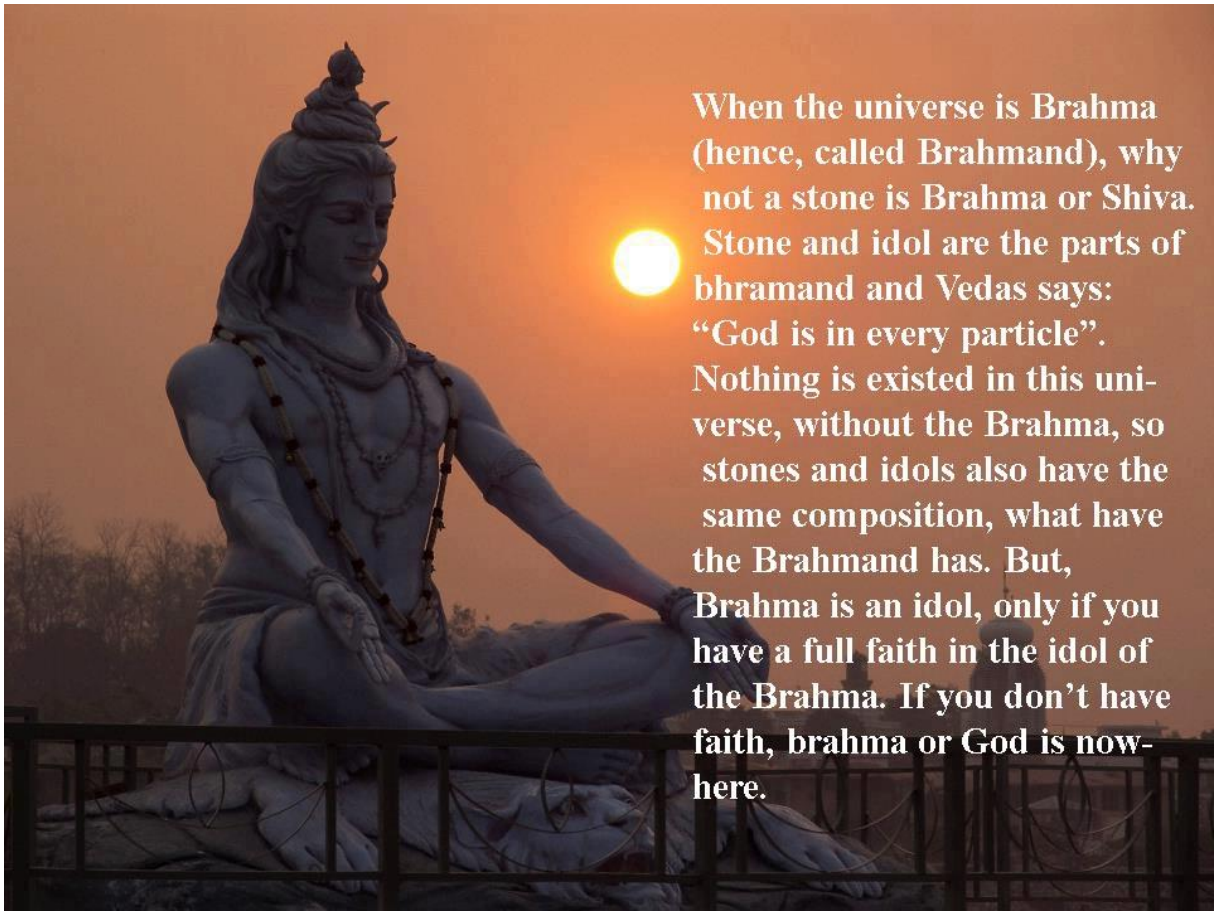


How do you worship God? (3)

God (the Supreme, Divine Idea, the Universal Mind, etc.) sees only truth, faith, and love. It makes no difference what sort of medium we are using for worshiping. God receives worship in all the forms whether that is a stone, ordinary person like poor people sitting on the side of roads, idols in the temples or homes, Yagya, havan, or any other medium. If a son makes an idol of his mother and started to decorate his mother with ornaments and feed his mother with his small hands. Mother sees her child and is pleased by seeing her son in this manner. Similarly, God is pleased with us, when we decorate and feed the idol in worship. Mother is a separate entity from the son even then she is pleased with her son to see him like this. God is within us in the form of soul and God is seeing our all activities. If God is in faith, God is in the idol too. There is no one valid religion all are equally true, and to be respected. Peaceful should all be.

How do you worship God? (4)

If you have faith that God is in an idol, then God responds from the idol. If you have faith that God is in "I AM", God responds from the "I AM". It is up to your faith only. If you think God is nowhere, you cannot find God in any case. This is the reason, why non-believer are not able to view the GOD. If God is in "Lord Shiva ","Shri Ram", "Shri Krishna" etc., why God cannot in their idols. As all, we are made up same as idols. Believers say, Ram is God, how anyone can deny Ram's existence from the idol of Ram. If God enlightens Ram and Krishna then God can enlighten their idols also. It is not saying, worship only through idols, but the saying is that worshiping idols is as true and fine as the worshiping in any other form.



When the universe is Brahma (hence, called Brahmand), why not a stone is Brahma or Shiva. Stone and idol are the parts of bhramand and Vedas says: "God is in every particle". Nothing is existed in this universe, without the Brahma, so stones and idols also have the same composition, what have the Brahmand has. But, Brahma is an idol, only if you have a full faith in the idol of the Brahma. If you don't have faith, brahma or God is nowhere.

Cosmic Energy

Two worlds are there, physical and subtle. Both are parallel. Subtle world comprises of a soul (atoms of Shiva), supreme soul (Shiva), feelings, love, faith, sacrifices, self-surrender and much more. It is up to you only, how much you know. God is a cosmic energy filled in the universe or we can say a universe is a form of cosmic energy called Brahma. Everything in the universe is itself Brahma. Everything whether still or in motion made up of some type of energy and always in a motion. The soul (the Higher Self Within) is pure energy scattered from God, which gives life to the body, made up of a matter.

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